

Mind Your Body

Featuring Yogathon, Part 3:

- ☞ Yogathon 3: Yoga Practice with Structural Yoga Principles of Movement and Alignment, Breathwork & Concentration Techniques
- ☞ Homeopathy: Summer Remedies
- ☞ Feng Shui & Color
- ☞ Pranayama: The Power of the Breath
- ☞ Lunch, Handouts & Materials Provided
- ☞ TTs meet in addition: Friday evening & Sunday morning

Suggested Accommodations:

Kenmore Inn 540-371-7622

Colonial Inn 540-371-5666

Tour colonial Fredericksburg by foot, trolley or horse & buggy. Outstanding architecture, antique & specialty shops and the scenic Rappahannock River.

Forum fee per person:

Early Bird: postmark by July 1 \$85

Late Bloomer: after July 1 \$100

TEACHER TRAINEES \$175/195

For individual class fees:
see registration form

Fredericksburg Healing Arts Center
540.371.4555

www.healingartsyoga.com

YOGATHON III
Healing Arts Center
2300 Fall Hill Avenue, Suite 211
Fredericksburg, VA 22401

Yogathon III



Re-Pattern the
Body / Mind through

Yoga,
Homeopathy
& Feng Shui

Saturday, July 12, 2008
Healing Arts Center
540-371-4555
www.healingartsyoga.com

EVENT DESCRIPTIONS

DISCUSSION / EXPERIENCE the principles of healing through the practice of asana, breathwork & meditation. Yoga is a health care system which augments modern medicine by enlivening the healing responses of the body/mind. Gain a deeper understanding of your own body. Includes:



YOGATHON III is a workshop focused on 10 basic yoga postures to bring our body/mind into balance through the physiological purification techniques of movement, awareness & breath. End of the day includes yoga nidra.



FENG SHUI, (PART 2) : pronounced FUNG SHWAY, is a technique used to design our homes and workplaces for better health, rewarding relationships and greater prosperity. This workshop focus is on understanding how to use COLOR. Bring your home floor plan and lot plan.



HOMEOPATHY, (PART 3) is a holistic medicine based on principles dating back over 4,000 years. It is inexpensive, effective and easy to use. We will review how these remedies are a compliment to other forms of medicine in your efforts to heal yourself. We will focus on SUMMER REMEDIES.



PRANAYAMA: Experience through level 2 techniques how the breath helps regulate and govern the flow of biological intelligence throughout the physical, mental and emotional body.

Beginner & Advanced Students Welcome! Are you new to yoga? Want more in-depth understanding of yoga? Have special problems you want to address? Want to learn new techniques? This yoga forum is suitable for all levels of experience.

SCHEDULE

FRIDAY, JULY 11

3:30 - 8:30 PM

TEACHER TRAINEES ONLY

2-TEACHING METHODOLOGY &

2- PROBLEM SOLVING

SATURDAY JULY 12

A) 8:30 am PRANAYAMA: the power of the breath w/ Ren

B) 10:15 am HOMEOPATHY: Summer Remedies w/ Carol

NOON Lunch provided

C) 12:30 pm FUNG SHUI & COLOR w/ Cheryl

D) 2:30 pm YOGATHON III w/ Ren

5:30 pm Closing Circle

SUNDAY, JULY 13

8:00 AM - 1:00 PM

TEACHER TRAINEES ONLY

2-TEACHING METHODOLOGY,

2- PROBLEM SOLVING & .5 PRANA

ABOUT THE PRESENTERS

Ren Fields, Yoga Alliance Advanced Registered Yoga Teacher, is the founder & director of the American Healing Arts & Yoga, Inc. & American Healing Arts 200 Hour Yoga Teacher Certification Program. Ren has practiced since 1967 ... with over 40 years of study and over 6,000 hours of teaching classes, workshops and retreats in yoga, breathwork and meditation.

Carol Kramer has studied Homeopathy since 1983. Her over 20 years of knowledge and experience includes extensive training and teaching classes, home study groups and National Homeopathy Symposiums. Carol teaches Humanities as an adjunct faculty member of Germanna Community College and George Mason University.

Cheryl Shotwell, has practiced Feng Shui since 1995 and started *Feng Shui Solutions* in 2001. Currently working on a new manuscript for publication titled Feng Shui for the Rest of Us, she uses Form School and BTB techniques blended with intuition and real-life solutions to help houses and their owners find harmony.

Yogathon 3
July 12, 2008
Registration Form

Name _____

Address _____

Home Phone _____

Work Phone _____

Email _____

Years in Yoga _____

(Please list any injuries and / or acute and / or chronic problems)

TOTAL AMOUNT ENCLOSED

Signa- _____

Date _____

Please:

- ✓ No Phone Registrations
- ✓ Must complete form (1 form per person)
- ✓ Full payment must accompany registration
- ✓ Cancellation: \$50.00 Non-Refundable - no refunds after July 7 unless your place is filled.

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Individual Workshop FEES & SCHEDULE

July 12, 2008 Registration Fees

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after June 30	\$195

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Sat	10-Noon	B) Homeopathy	\$30
Sat	12:30 pm	C) Feng Shui	\$30
Sat	2:30-5:30	D) Yogathon III	\$45

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