

FINDING COMFORT IN YOUR OWN BODY

A weekend of workshops, lectures, & technique practice designed to restore, educate and uplift.

Featuring:

☯ **TECHNIQUES:**

Asana for your Hips
Sound Yoga Therapy
Acu - Yoga

☯ **PROBLEM SOLVING:**

Wall Yoga Workshop
Yoga for the Woman with Child

- ☯ Practice Breathwork & Meditation
- ☯ Body Talk: Anatomy of the Spine, Pelvis & Legs
- ☯ Homeopathy: Colds & Flu
- ☯ 2 hours: Emersion Program: A Deeper Understanding
- ☯ Meals, Snacks, Handouts & materials provided
- ☯ Emersion Program: 15 Hours

Suggested Accommodations:

Inn at Olde Silk Mill: 540-371-5666
Kenmore Inn: 540-371-7622

In your free time, tour colonial Fredericksburg by foot, trolley or horse & buggy. Enjoy outstanding architecture, over 150 antique and speciality shops, the scenic Rappahannock River and so much more.

Forum fee per person:

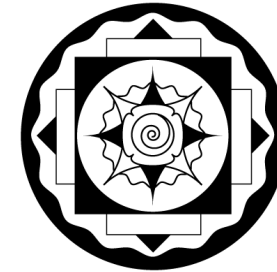
Early Bird: postmarked by Jan 16	\$175
Late Bloomer: after Jan 16	\$200
Saturday Only:	\$95/115
☯ EMERSION PROGRAM	\$250/\$275

For individual class fees, see registration form.



Yoga Forum 7
Healing Arts Yoga Center
2300 Fall Hill Ave, Suite 211
Fredericksburg, VA 22401
540.371.4555

Finding Comfort in your Own Body



Yoga, Problem Solving
& Principles of Integrity

January 29 - 31, 2010
Healing Arts Center
Fredericksburg, Virginia
540.371.4555

Comfort in Your Own Body

January 29 - 31, 2010

Snow Dates: February 6 & 7

WORKSHOP DESCRIPTIONS

WISDOM OF YOGA: Yoga is a wisdom tradition as well as a health care practice which includes a 'system' for living well in our daily life. In this forum we will focus on the Niyamas to discover how these 5 commitments to ourselves keep us balanced.



YOGATHON V: YOGA FOR YOUR HIPS: will focus on specific posture techniques to enhance restoration, strength, flexibility, energy & balance.



WALL YOGA: Learning these options increases the effectiveness of the postures. Helps balance the vital life forces within the body/mind creating less struggle & greater strength, flexibility, endurance & balance. sense of well-being from your practice.



ACU-YOGA FOR IMMUNE BALANCE: This system integrates two ancient holistic practices, Acupressure and Yoga. This class will focus on balancing the immune system.



ANATOMY OF THE SPINE, PELVIS & LEGS is a scientific examination of the mechanisms of the skeletal, muscular & nervous system of the focused areas of the body



HOMEOPATHY - Energy Medicine: First half hour is a general overview. Then we will learn how to add homeopathy to standard care and get faster, more effective results for all types of colds & flu.

PRINCIPLES OF STRETCH & STRENGTH learn how to use specific techniques to accomplish more strength and stretch without injury.



YOGA FOR THE WOMAN "WITH CHILD:" is a class teaching women (& men) about the challenges, special techniques, precautions & rewards of doing yoga while pregnant.

PROPOSED SCHEDULE

FRIDAY, JANUARY 29 (*FEB 5) 2010

6:30-8:30 pm * Emersion Program

SATURDAY, JANUARY 30 (*FEB 6) 2010

8:30 am Sound Practice, Breathwork & Meditation

9:15 am Sutras: Niyamas, the Guide to Self Integrity

10:15-10:45 / Homeopathy: "Energy Medicine: Intro /Remedies for Colds & Flu"
10:45-11:45 - Kramer

11:45 am LUNCH

12:30 pm Discussion: Principles of Stretch

1:30 pm Discussion: Principles of Strength

2:30 pm Yogathon V: Yoga for Your Hips & Breathwork

4:45 pm Closing Circle

SUNDAY, JANUARY 31 (*FEB 7) 2010

8:30 am Sound Practice, Breathwork & Meditation

9:15 am Acu-Yoga for Immune Balance

10:15 am "Off the Wall" Yoga

11:15 am LUNCH

Noon Body Talk: (Anatomy) - Ritoli
The Spine, Pelvis & Legs

1:30 pm * Emersion Program :
Yoga for the Woman "with Child"

2:45 pm Graduation Ceremony

ABOUT THE PRESENTERS

VIMALA REN FIELDS, Advanced RYT, is the founder/director of the Healing Arts Yoga Center & Yoga Emersion Program. She has 33 years experience in yoga, breathwork & meditation. She holds an Integral Yoga Teacher, Acu-Yoga Teacher & Structural Yoga Therapy Certification, a BA in Dance & Movement Science and a Certificate in Intuition from Dr. Carolyn Myss, and Dr. Norman Sheely. She also practices Chi Kung, Usui Reiki and Healing Touch. Teach all workshops except where noted.

LIZ RITOLI is a certified Massage Therapist and has taught advanced anatomy classes in Massage schools throughout Virginia since 1997. She has studied Thai Yoga Massage, Healing Touch, Touch for Health, Reiki, and Omega Shakti.

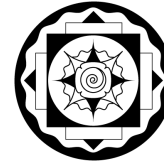
CAROL KRAMER has studied Homeopathy since 1983. Her over 25 years of knowledge and experience includes extensive training and teaching classes, home study groups and National Homeopathy Symposiums. Carol teaches Humanities as an adjunct faculty member of Germanna Community College and George Mason University.

DIRECTIONS:

From I-95: Take Exit 133B / Falmouth on Route 17 Go approx. 2 miles, turn right at light onto Route 1 South. Go to 2nd light, turn left onto Fall Hill Ave. Go past 2300 building on right & park in the parking lot on the right. Enter South East Entrance & walk to Suite 211.

Forum 7
 "Comfort in Your Own Body"
 January 29-31, 2010
 Registration Form

Comfort in Your Own Body
 January 29-31, 2010
 FEE SCHEDULE



Name _____

Address _____

Home Phone _____

Work Phone _____

Email _____

Experience in Yoga _____

(Please enclose a list of any injuries or acute or chronic problems on a separate 3x5 card)

Please See Reverse Side For Fee Schedule & Payment Information

Mark the Classes you wish to attend on the back and enter the total below:

TOTAL AMOUNT ENCLOSED	
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Signature _____

Date _____

Please:

No Phone Registrations

- ☞ One Form per person
- ☞ Check must accompany registration
- ☞ \$50.00 Non-Refundable
- no refunds after January 16 unless your place is filled

PLEASE CIRCLE	
Week-End Registration	
Early Bird postmarked by Jan 16	\$175
Late Bloomer after Jan 16	\$200
Saturday Only	\$95/\$115
Sunday Morning Only	\$30/\$35
Emersion Program	\$250/275

Select Event Registration			
Sat	9:15 am	A) Sutras: Niyamas	\$18
Sat	10:15 am	B) Homeopathy Intro	\$10
Sat	10:45 am	C) Homeopathy: Colds	\$18
Sat	12:30 pm	D) "Stretch"	\$18
Sat	1:30 pm	E) "Strength"	\$18
Sat	2:30 pm	F) Yogathon:Hip Class	\$35
Sun	9:15 am	G) Acu-Yoga	\$18
Sun	10:15 am	H) "Off the Wall" Yoga	\$18
Sun	Noon	I) Body Talk: Anatomy	\$25
Sun	1:30-2:30	J) Yoga for Pregnancy	\$20

Make checks payable to: Healing Arts
 & mail to: 2300 Fall Hill Avenue, Suite 211
 Fredericksburg, VA 22401
 Call:540.371.4555 or email: ren4yoga@aol.com
 if you have any further questions

REGISTRATION

WE HOPE YOU CAN JOIN US FOR THIS UPLIFTING AND INFORMATIVE YOGA FORUM!

Please bring to the center or mail your completed registration form with your check or cash.

We are sorry. We do not accept credit cards at this time.

Thank you,
 Ren Fields