

"Mind Your Body"

Featuring:

- ☞ HATHA YOGA: BALANCES: addressing alignment & structural issues through focus on leg and arm balances enhanced through breath work & concentration techniques
- ☞ HATHA YOGA: for those who suffer allergies or asthma
- ☞ BIG HATHA YOGA: for those who are BIG
- ☞ BREATHWORK: study & practice of breathwork (Pranayama), cleansing (Kriya) & energizing (Bandha) techniques
- ☞ Lunch, Handouts & Materials Provided
- ☞ TTs meet for additional study Saturday late afternoon.

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:

Individual Classes \$20 per hour
8:30-3:30 Saturday: pd by March 12 \$125
Late Bloomer: after March 12 \$150
TEACHER TRAINEES \$250

For individual class fees:
see registration form

Fredericksburg Healing Arts Center
540.371.4555

www.healingartsyoga.com

Mind your Body



Re-Pattern the
Body / Mind through

Asana, Pranayama,
Kriya & Bandha

March 20 - 21, 2010
Healing Arts Center
540.371.4555
www.healingartsyoga.com

FORUM #8
Healing Arts Center
2300 Fall Hill Avenue, Suite 211
Fredericksburg, VA 22401

Mind your Body
 March 20 - 21, 2010
 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	_____
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Signature _____

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 March 12 unless your place is filled.

SCHEDULE

<u>SATURDAY, 20 MARCH 2010</u>	
A) 8:30 am	PRANAYAMA: breath, cleansing & energizing techniques w/ Ren
B) 10 am	ANATOMY: Knees, ankles, Feet, Elbows, Wrists & Hands - Liz
11:30 am	Lunch
C) 12:15 pm	BIG YOGA w/ Ren
D) 1:15 pm	YOGA BALANCES w/ Ren
E) 3:30 - 6 pm	TT's ONLY: Methodology
<u>SUNDAY, 21 MARCH, 2010</u>	
F) 8:30am YOGA FOR ASTHMA/ALLERGY including breathwork & meditation	
G) 10 am	C P R - Neal
12:45 pm	Closing Circle
EMERSION PROGRAM: 14 HOURS 2.5 - TEACHING METHODOLOGY; 6 - TECHNIQUES; 1.5 ANATOMY; 4 C P R	

EVENT DESCRIPTIONS

YOGA is a health care system which augments modern medicine by enlivening the healing responses of the body/mind. Gain a deeper understanding that includes:

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HATHA YOGA: We will discuss & practice with a focus on leg & arm BALANCES as well as YOGA FOR ASTHMA/ALLERGIES and BIG YOGA to bring our body/mind into balance through purification techniques of movement, awareness & breath. End of the day includes yoga nidra.

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BREATHWORK: Understand & experience level 2 techniques of breathwork (Pranayama), cleansing (Kriya) and energizing (Bandha).

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CPR training with Neal Jones, certified American Heart instructor

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YOGA TEACHER TRAINING: 7 Basic Principles of a yoga class; techniques & practice teaching pranayama & yoga nidra

PRESENTER: 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. She holds certifications in Integral Advanced Level Yoga, Structural Yoga Therapist, Acu-Yoga Teacher and Intuitional work with Carolyn Myss. Ren has practiced yoga over 40 years and for over 30 years has taught classes, workshops and retreats in yoga, breath work and meditation.