

**PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS**



**LIVING IN YOGIC CONSCIOUSNESS**

**Man Mohan Shukla, Life Coach,  
Speaker and Leadership Trainer**

**Saturday, September 18**

**1:30 PM – 4:30 PM**

**Cost: \$35**

The workshop explores the relationship between our thoughts, feelings and emotions and teaches techniques that empower us to take charge of our life's experience. You will learn how to transform negative interactions that result in stress, pain and ill-health into positive experiences that generate energy, harmony and peace. This requires a change in perspective of and consequent response to life's vicissitudes. Yoga, therefore, is not something you do, but how you live. Join this workshop to learn how living in the higher consciousness of Yogic principles in every aspect of live will empower you.  
*(Qualifies for 3 CEU credits with Yoga Alliance)*

**DETOXIFICATION METHODS**



**FOR MIND, BODY AND SPIRIT**

**Jim Fatz, PhD, LMT, NCTMB**

**Saturday, October 30**

**1:30 PM – 4:30 PM**

**Cost: \$35**

This seminar will explain and explore from a holistic perspective, concepts and methods to achieve, maintain, and optimize your personal detoxification process. Topics covered will include: various categories of detoxification techniques; food and supplemental nutritional support; process tracking and assessment; evaluating signs and symptoms of detoxification efficiency; and mental, emotional, and spiritual outcomes. The seminar will be interactive in nature and will include ample time to discuss questions and personal concerns.



**EXPLORE THE MYSTERIES OF TANTRA**

**Stephen Parker, PhD**

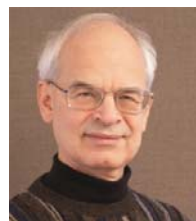
**Saturday, October 2**

**1:30 PM – 4:30 PM**

**Cost: \$35**

The Tantric aim is to sublimate rather than to negate relative reality. This process of sublimation consists of three phases: purification, elevation and the reaffirmation of identity on the plane of pure consciousness. "One must rise by that which one falls, and the very poison that kills becomes the elixir of life when used by the wise."

*(Qualifies for 3 CEU credits with Yoga Alliance)*



**STEPS TO MASTERING NAULI AND AGNI SARA**

**Dr. Dale Buegel, ERYT-500**

**Saturday, November 6**

**1:30 PM – 4:30 PM**

**Cost: \$35**

Learn the sequence of practices to master these two techniques that the yogis have used to enhance health and vitality.

*(Qualifies for 3 CEU credits with Yoga Alliance)*

**CRYSTAL BOWL RESTORATIVE YOGA**

**Marian McNair**

**Saturday, October 16**

**1:30 – 3:30pm**

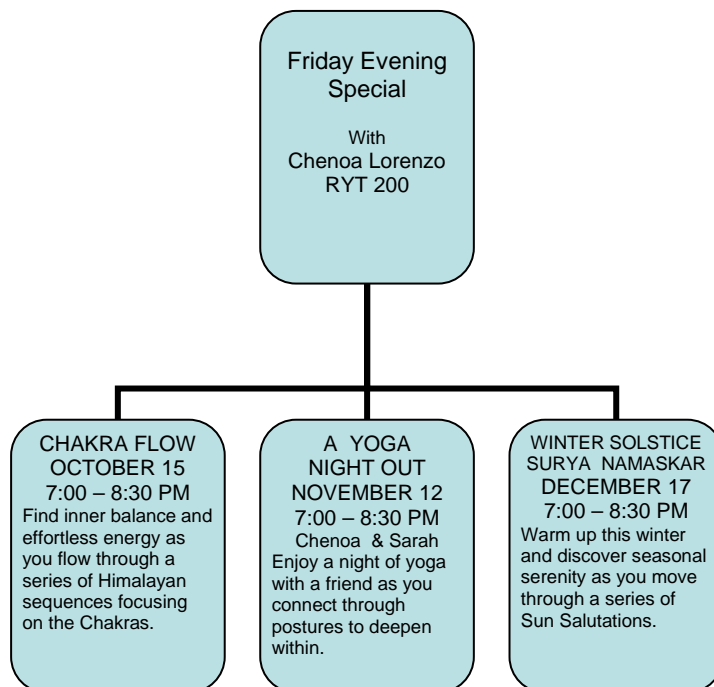
**Cost: \$25**



Combine restorative sound and a yoga workshop to deepen the awareness on the body's cellular level. As the sound of the crystal bowls and Marian's voice relax and bring you into a state of tranquility; hatha asanas allow

you to feel connected to your beautiful body, and go into a place of softness where the mind is quieted and peace is revealed.

*(Qualifies for 2 CEU credits with Yoga Alliance)*



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**YOGA FOR ARTHRITIS**  
**(Workshop for Teachers)**  
**Karen Kordisch, RYT**  
**Saturday, November 20**  
**1:30 PM – 3:30 PM**  
**Cost: \$25**

Arthritis is a common condition as we age. As teachers, we want to improve our students' range of motion, try to prevent worsening, and reduce pain. Learn ways to do all three. You'll receive a list of resources for warm-ups, hints for help with alignment and copies of relaxations that focus on pain reduction.  
**(Qualifies for 2 CEU credits with Yoga Alliance)**



**BREATHING WITHOUT BOUNDARIES**  
**Steve Nakon**  
**Saturday, December 4**  
**1:30 PM – 3:30 PM**  
**Cost: \$25**

Explore the role of asana in preparing the body and mind for a deeper experience of the breath. Building step by step (vinyasa krama) with guidance and compassion we will learn how sequencing and modifying certain postures can open the body and release deeply held tension. This practice helps develop awareness and prepares the body for the experience of full and radiant breath. Asana and Pranayama. All levels can attend.  
**(Qualifies for 2 CEU credits with Yoga Alliance)**

*"If a good thought is not brought into action, it's either a kind of treachery or an abortion. This means that that which is good within you should be expressed. But what is a 'good thought'? A good thought is that which makes you creative, a thought that does not create conflicts within you—that is a good thought. A good thought is that which makes you peaceful, tranquil, balanced, happy, and joyous. Such a thought should not be allowed to die unexpressed within yourself, nor should it remain asleep or dormant within. It should be expressed through your mind, action and speech."*

*By Swami Rama from the book  
The Art of Joyful Living*



**JOURNALING FOR THE SOUL**  
**Lauren Pohn**  
**Saturday, November 13**  
**1:30 PM – 3:30 PM**  
**Cost: \$25**

Journaling is one of the best tools available to heighten awareness as it gives us insight into ourselves. If we commit to journaling for as little as 30 days we will begin to notice a change in any area that we choose to journal. Lauren will inspire you to make that commitment. Please bring a 5 x 8 journal with paper that is lined and a special pen with an ink color that appeals to you. This workshop is a must for those taking the 500 hour Teacher Training Program. Two journals are required for certification in the 500 hour TTP. One is on diet and nutrition and one is on your meditation practice. This workshop is a great opportunity to learn how to get the most out of these exercises. Please note: You do not have to registered in the 500 hour TTP to benefit from this workshop.  
**(Qualifies for 2 CEU credits with Yoga Alliance)**

**HOLIDAY YOGA**  
**With**  
**MELISSA HOLLANDER**

*What a wonderful way to start your Thanksgiving and New Year Holiday. Join Melissa for 1-1/2 hour Hatha session at HYMC.*



*Thanksgiving, November 25,  
 9:30 am – 11:00 am*



*New Year's Day, January 1,  
 11:00 am – 12:30 pm*