



BodyMind Therapy

Yoga, Meditation & Psychotherapy

935 Park Ave, Suite 203 Cranston, RI 02910
Dr. Lakshyan Schanzer, PsyD, Licensed Psychologist



Healing Body, Mind, and Spirit since 1971
Studio Established 1979: 340 Main Street Worcester, MA,

Yoga & Meditation Programs - January 2017 - Dec 2017

Yoga Over 50

4 week Course - Cost: \$80
Yoga warm-ups (i.e. not whole-body postures) focus on points of chronic stress or pain, relieve stiffness that comes with age and injury, improve circulation, and prepare your body for more advanced postures.

thursdays 6:00 pm - 7:30 pm

- Cycle 1: Jan 19, 26, Feb 2, 9
 - Cycle 2: Feb 16, 23, Mar 2, 9
 - Cycle 3: April 6, 13, 20, 27
 - Cycle 4: May 4, 11, 18, 25
 - Cycle 5: Sept 7, 14, 21, 28
 - Cycle 6: Oct 5, 12, 19, 26
- Enroll on-line!

Beginners Yoga

7 week Course - Cost: \$150
Traditional basic postures, breathing and relaxation training. Learn a meditative, healing, and integrated routine that lasts a lifetime.

tuesdays 6:00 pm - 7:30 pm

- Cycle 1: Jan 24, 31, Feb 7, 14, 21, 28, Mar 7
 - Cycle 2: April 4, 11, 18, 25, May 2, 9, 16
 - Cycle 3: May 23, 30, June 6, 13, 20, 27, Jul 11
 - Cycle 4: Sept 5, 12, 19, 26, Oct 3, 10, 17
 - Cycle 5: Nov 7, 14, 21, 28, Dec 5, 12, 19
- Enroll on-line!

Intermediate-Advanced Yoga

7 week Course - Cost: \$150
A more challenging fitness routine, this series advances through core alignment poses, standing and balancing poses, and in-depth breathing practices.

wednesdays 6:00 - 7:30 pm

- Cycle 1: Mar 1, 8, 15, 22, 29, April 5, 12
 - Cycle 2: May 31, June 14, 21, 28, Jul 5, 12, 19
 - Cycle 3: Oct 18, 25, Nov 1, 8, 15, 22, 29
- Enroll on-line!

How to Meditate

5 week Course - Cost: \$200
Learn to meditate systematically through concentration, Mantra, visualization, breath, sound, and Mindfulness. Meditate with skill and confidence, and with methods that fit your daily routines and spiritual beliefs.

wednesdays 6:00 - 8:00 pm

- Cycle 1: Jan 25, Feb 1, 8, 15, 22
 - Cycle 2: Apr 26, May 3, 10, 17, 24
 - Cycle 3: Sept 13, 20, 27, Oct 4, 11
- Enroll on-line!

Hatha Yoga Psychology:

5 Secrets of Healing
5 week Course - Cost: \$200
When we align with our innate wholeness, it guides us back to our basic physical, mental, and emotional wellbeing. Using traditional eastern philosophy and modern principles of neurology and psychotherapy, experientially learn 5 interrelated principles that underlie healing. Whether giving or receiving, learn how to guide a healing experience, allowing it to go deeper, with confidence, and with receptivity to your own healing potential.

Weekends: call (369-8115) for dates & to enroll

Self-Therapy: The Power of the Self in Yoga and Psychotherapy

One-Day Workshop - Cost: \$200
Come as often as you can to this one-day program, that presents a systematic approach to self-healing. Learn how to help yourself and others on levels that are beyond words.

Weekends: call (369-8115) for dates & to enroll

Saturday Drop-in Yoga Series

BodyMind Therapy 401.369.8115 BodyMindRI.com

\$20 /drop-in, or \$45 for 3 consecutive pre-paid classes
Please check for dates and enroll on-line

... registration form

Register Early. Class size is limited to 12 students. Take 20% off if you register for a course at least 10 days before your program begins. To register On-Line select "Schedule a Class" in the menu bar at BodyMindRI.com. Or complete and mail this form along with your check. No refunds after program begins.

name: _____

address: _____

phone: _____ email: _____

course name: _____

date/cycle: _____ fee (enclosed): _____