

Wednesday Nite Yoga & Meditation Programs thru July 2020

For a 25% Early Registration Discount, Sign-up On-line for these Courses:

Yoga Over 50

4 week Course - Cost: \$80

Learn warm-up routines of gentle stretches, deep relaxation and breathing that progressively deepen over a 4-week cycle. This is **Yoga for Every Body**, regardless of age or physical condition.

Practices presented can be done seated, standing, in bed, and even in an airplane. They focus on points of chronic stress and pain, improve circulation, and help relieve stiffness that comes with age and injury.

These practices also prepare you for more advanced postures. Learn to heal meditatively and to relax deeply!

wednesday: 6:-7:30 pm

Cycle 1: Feb 12, 19, 26, Mar 4

Enroll on-line
and save 25%!

Beginners Yoga Level I

4 week Course - Cost: \$80

Step-by- step, Learn a traditional therapeutic series of postures, relaxation training and breathing. This is a meditative, healing, and integrated series that will last a lifetime.

wednesday: 6:-7:30 pm

Cycle 1: Mar 11, 18, 25, Apr 1

Cycle 2: June 10, 17, 24, July 8

Enroll on-line!

Beginners Yoga Level II

4 week Course - Cost: \$80

Beginners II systematically deepens the Beginner basic routine by gradually adding variations that gently invite you to challenge your level of flexibility and strength. Your skill and knowledge of practice will also deepen with variations of relaxation and breathing practices.

wednesday: 6:-7:30 pm

Cycle 1: April 8, 15, 22, 29

Enroll on-line!

How to Meditate

5 week Course - Cost: \$200

Learn to meditate with systematic expert instruction. Practices include attention/concentration techniques, mantra, visualization, breath, sound, and mindfulness practices. Meditate with skill and confidence, and with methods that fit your daily routines and spiritual beliefs.

wednesday: 6:00 - 8:00 pm

Cycle 1: Jan 22, 29, Feb 5, 12, 19

Cycle 2: May 6, 13, 20, 27, June 3

Enroll on-line!

Intermediate-Advanced

4 week Course - Cost: \$80

Go deeper into your practice as you work at your own pace. Learn a meditative series that advances through core alignment poses, standing and balancing poses, and in-depth breathing practices. Intermediate-Advanced is for yoga students who practice the Beginners routine regularly and who want their yoga practice to include physical conditioning.

Permission of instructor required.

Tuesdays 6:00 pm - 7:30 pm

Cycle 1: April 7, 14, 21, 28

Yoga Psychology:

5 Secrets of Healing
5 week Course cycle - \$200

When we align with our innate wholeness, it guides us back to our basic physical, mental, and emotional balance. 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.

wednesday: 6 - 8:00 pm

June, 10, 17, 24, July 8, 15

Call for additional dates

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

One-Day Workshop - Cost: \$200

Pre-requisite: Yoga Psychology

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. This daylong workshop uses meditative techniques, simple yoga practices, and group exercises in listening skills and sensitivity. You will work individually, in pairs, and in small group.

July 18: saturday 8:30 am - 5:30 pm

Call for additional dates

Professional/ Personal Development

* Contract any Program/Course privately*:
Minimum of 8 students needed for a private group.

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for employee benefit/training programs