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yoga experience class
with eating component

workshops
and retreats

The Center For Connection

Fall Newsletter

Well it's that time of the year again...*Back to school time*. And although I haven't been officially in school for several years now, the school of life is ever present for learning, growing and experiencing. I've been very busy this summer getting my studio, The Center For Connection, up and running and planning many events for the year to come. If you've been on my mailing list for the past few months you may have noticed a slew of email announcements letting you know of these upcoming programs. This has been my summer project of sorts and now that it's September I thought it would be a good idea to list them in a schedule of events as we all get back into the swing of things.





First let me take a moment to say a little bit about the transition that **Body Connection** continues to be in.

Body Connection began more than 10 years ago as a nutrition consulting company whose main expression at the time of initiation was as a nutrition private practice for individuals struggling with eating disorders, disordered eating, binge and emotional eating, body image concerns and compulsive exercise tendencies.

My own interest in yoga as well as the multitude of benefits it has on the human body propelled me to consider how I could use yoga as a modality in treatment and recovery for my patients. What I found

most striking about yoga was that yoga not only offers stress reduction techniques but actually transforms how the mind and body intuitively respond to stress. Stress activates the Sympathetic Nervous System (SNS) which is responsible for the 'Fight or Flight' response and subsequently overwhelms the Parasympathetic System (PNS) which is primarily responsible for physical relaxation and emotional calming. Without the PNS an individual cannot efficiently learn how to manage stress. It is well established that yoga activates the PNS but it also allows some influence of the SNS to remain. An individual therefore learns to tolerate the stressor without letting the stressor take over. Yoga trains the body to do this by holding challenging poses while learning how to breathe and relax into them. As the individual learns to hold poses with a calm mind and focus on the breath the body learns to remain calm in stressful situations. It is yoga's dual demands on the body and mind that create this perfect dance to promote healing. In addition to this, meditation has been proven to restructure the brain and train it to concentrate better, feel greater compassion and cope with stress in a more healthy fashion.

I was moved by these potential benefits and was in search for a program that would train me in yoga so that I could eventually bring it into the world of disordered. My curiosity let me to Phoenix Rising Yoga Therapy, which, through a combination of classical yoga techniques and elements of contemporary body-mind psychology, encourages a deeper



connection to self. This deeper connection to self provides an opportunity to know oneself more fully. Out of this knowing we can more easily move to embrace changes, growth and enhanced wellbeing in body, feelings, thought and spirit. I completed the lengthy practitioner training and then went on to become a registered yoga teacher to teach a Phoenix Rising Yoga Therapy inspired yoga class as well as a certification in group facilitation.

The rest shall we say is history in the making. As I mentioned this summer has been a time to plan for the next few months. Here is a calendar of events you can look forward to in the near future:

From Mat To Meal: Drop IN and Drop INTO Your Body Group

This is an ongoing group that meets weekly on Tuesday evenings from 6-8:15pm and is designed specifically for individuals with Eating Disorders, Disordered Eating, Binge Eating, Emotional Eating, Chronic Dieting Behaviors, Body Image Issues and Exercise Addictions. Group participants are invited weekly to explore their bodies in a Phoenix Rising style yoga class which includes meditation. The focus of the class is to become aware of what's happening in the body in the present moment through breath, held postures and attuned listening. Next a structured, balanced meal is provided followed by a group to share about the yoga and meal experience. For more information about this group [click here](#).



Yoga With Weena: Monday September 13, 20, 27, and October 4th

This is a four week yoga series with guest teacher Weena Pauly who will be teaching at my studio, The Center For Connection. Weena Pauly, E-RYT (Experienced-Registered Yoga Teacher) has been teaching yoga in NYC for the last 7 years and has a private practice as a Phoenix Rising Yoga Therapy practitioner. Weena offers an introspective and gentle vinyasa-style hatha class that allows room for individualized attention. With principals of meditation, alignment for structural safety and the integration of a physical, mental and spiritual experience, Weena's class is a safe and accepting environment for different levels and different bodies. For more information about Weena, you can visit her site at www.weenapaul.com. This is an open class so if you're interested contact me to register. Pre-registration and pre-payment is required to attend the class. The 4 week class is \$80.



Phoenix Rising Yoga Demonstration for Health Professionals on Thursday September 16th from 6:30-8:30pm.

This is a chance for health professionals such as therapists, physicians, psychiatrists, yoga teachers and body workers to learn more about Phoenix Rising Yoga Therapy and how it may be beneficial to their clients, patients and students. I will demonstrate a PRYT style class as well as a PRYT one on one session. For more information on the Demonstration [click here](#).



From Mat To Meal: A Weekend Intensive in New York City To Connect To Your Mind and Body Friday September 24th from 5-8:30pm, Saturday September 25th from 9am-8:15pm and Sunday September 26th from 9am-1pm.



This is a wonderful collaboration between my self, Mary Segarra, Ph.D and Melainie Rogers and BALANCE Eating Disorder Treatment Center. The weekend will include Supported Meals, Yoga, Movement and Meditation, Psycho-Education and Group Therapy, Nutrition Education and a DRUMMING CIRCLE!!! The weekend is intended for individuals who are struggling with or recovering from disordered eating, compulsive eating, binge eating, emotional eating, body image issues or compulsive exercise issues. Participants must be medically stable and have had some measure of success in managing eating disorder symptoms but who are looking to support, solidify and or increase positive changes. The cost of the weekend is \$650. For More Information [click here](#).

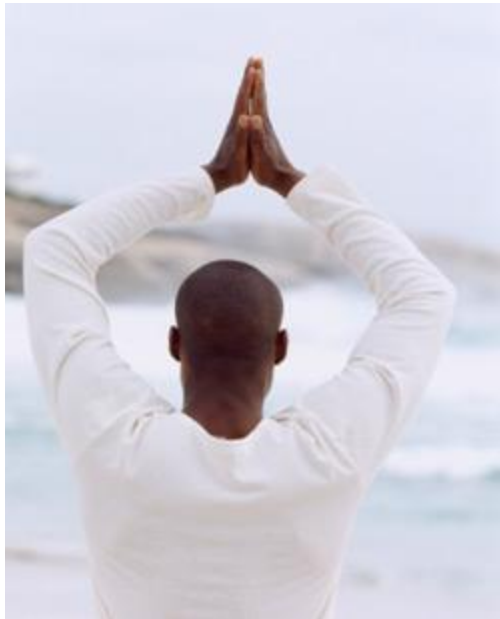
NEDA (National Eating Disorders Association) Walk on Sunday October 3rd.

I will be leading the Yoga Stretch before the Walk and will have an exhibitor table. If you're interested in registering for the walk go to www.nedawalk.org. Please come visit my table and join me in the stretch!



Phoenix Rising Yoga Demonstration for Health Professionals on Thursday
October 7th from 6:30-8:30pm.

This is another opportunity for Health Professionals to see what PRYT is all about.



Transforming Your Recovery: An 8 Week Phoenix Rising Yoga Therapy

Group.

This group will run on Thursday evenings from 6:30-8:45pm from October 14-28, November 4-18th and December 2-9th. There is also an all day silent retreat on November 6th from 9am-5pm. Each week, group members explore one of 8 themes (Befriending Your Body, Awareness, Acceptance, Choice, Discernment, Truth, Truth In Action and Flow) through yoga, movement and meditation inviting a deeper knowing of their bodies. Yoga and meditation is followed by a



facilitated group where participants have an opportunity to speak about their own experiences. In addition, participants learn to build a personal practice through weekly structured exercises/assignments. The 8 week group also includes an all day silent retreat that includes individual and partner yoga, seated and walking meditation, mindful eating and an opportunity to share about ones experience. This group is ideal for anyone in recovery for eating disorders or addictions, trauma survivors, those struggling with anxiety or depression or anyone looking to deepen their knowing about themselves. The cost of the 8 week group is \$575. For more information [click here](#).

One on One Phoenix Rising Yoga Therapy Session.

These are private sessions that any individual can do. Through practitioner assisted yoga postures and a dialogue process that is both open-ended and non directive of the outcome of the session, the client is facilitated through an experience of him or herself in the present moment. They then have an opportunity through physical, emotional, intellectual and/or spiritual awareness to explore how what they become



aware of relates to their daily life experience. Using focused breathing and verbalization of the in the moment experiences- thoughts, emotions, sensations, memories- a deeper attunement to his/her own internal guiding compass is facilitated. Through this process of awareness and discernment,

clients have the opportunity to release old undigested experiences, traumas, personal beliefs and out of date habits and patterns to then move more fully into life with new perspective and personal efficacy. Initial consultations are 2 hours in length and are \$200. Follow up sessions are 1 1/2 hours and are \$175.

Yep, like I said, it's been a busy and productive summer. I am looking forward to going back to school...I hope you'll join me for what I hope will be a very exciting fall!

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