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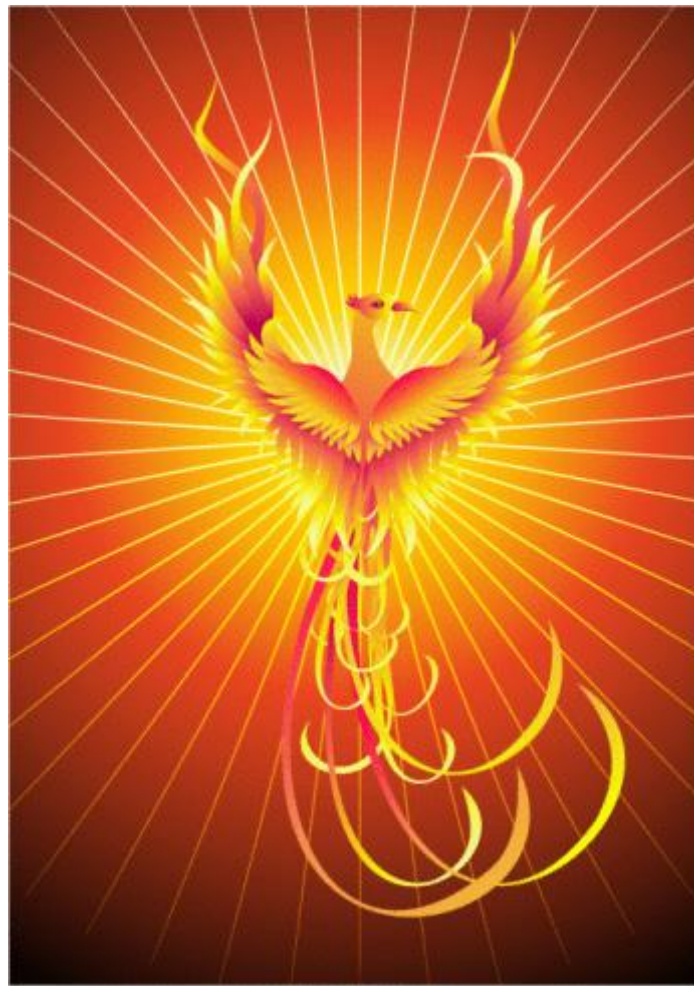


home the basics	one-on-one yoga therapy	8 week program	yoga experience class with eating component	workshops and retreats
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The Center For Connection

Spring Newsletter

The Phoenix Rises In Spring



As I near the last week of my current 8 week group there is, of course, the awareness of an ending but also a sense of newness as this group moves forward to what lies ahead for each of them. It seems opportune that the ending of this current group coincides with the beginning of spring. It is no wonder then that I am noticing renewal in nature all around me. I am struck by the few more minutes of daylight, the ever so slight warmth in the air, the tiny buds peeking out from their winter slumber. Slowly the reality is sinking in that winter is dying and spring is being born.

What seems even more serendipitous is that the last theme is FLOW*. The essence of the FLOW theme is that in each ending there is a new beginning and to begin anew means something has had to end. As these group members have meandered ever so gracefully from theme to theme with new founded awareness, curiosity and even some compassion, the question on the metaphoric table is *What Happens Next?*

This whole idea of flow, moving from death to rebirth is the essence of Phoenix Rising Yoga Therapy. In fact, the name Phoenix Rising comes from the mythical story of the Phoenix bird that plunges into the fire only to be born again. The question that occurs to me as I ponder this connection as it relates to eating disorders, addictions and trauma '*what is recovery?*' Recovery, in essence means to reclaim oneself although it doesn't mean to return to the original state of being. It is through this process of retrieval that an opportunity arises to find new parts of one self and to reconnect in a way that wasn't possible before.

It has never been so clear to me that recovery means different things to different individuals and cannot be put into a cookie-cutter mold. To some, recovery means total transformation. To others recovery means healing certain parts of their being, their behaviors, and their bodies. And to some others recovery means doing one thing differently today than they did yesterday. These definitions although quite different from each other seem valid in that they all require that something die in order to make room for something new to be born. There is a sense of awe I encounter with my clients when I witness this phenomenon of letting go of what no longer serves them and grasping for the unknown.

No one can argue that recovery is a process; a journey an individual embarks on not knowing where or if there is a destination. This is a brave undertaking to say the least. In my experience, recovery

occurs each and every time an awareness is made, a discovery is found, a question is asked, an answer is given, a forgiveness is granted.

In this season of spring I celebrate the phoenix in all of us that dives into the flames, turns to ash and undergoes a spectacular rebirth each day, each moment, each breath. For we are always dying and always being born again and again into newness if we dare to remain open to what is available inside of us.

*This 8 week group has 8 themes: Week 1 Befriending Your Body, Week 2 Awareness, Week 3 Acceptance, Week 4 Choice, Week 5 Discernment, Week 6 Truth, Week 7 Truth in Action, Week 8 Flow.

What's Happening This Spring?

From Mat To Meal: 10 week Phoenix Rising Yoga Therapy Group with Supported Meal Component- Each week group participants explore one of 10 themes through yoga and meditation (Befriending Your Body, Awareness, Relationship to Self and Others, Acceptance, Choice, Discernment, Choice, Truth, Truth In Action, Flow and Connection To Life). A supported meal is provided as well as a processing group after the meal. This group begins March 29th and will run on Tuesdays from 6:30-9pm. The cost of this group is \$1000 (\$100 per group and includes meal expenses). The From Mat To Meal 10 week group is designed for individuals struggling with eating disorders, disordered eating, binge, emotional and compulsive eating issues, body image issues and compulsive exercise issues and those who are looking for meal support. [For more information or to sign up.](#)



Spring Renewal Weekend Intensive To Connect To Your

Mind & Body: This is a collaboration between myself, Mary Segarra, Ph.D and Melainie Rogers, R.D. The weekend will consist of supported meals, yoga, mindfulness and meditation, nutrition and psycho-education groups and a drumming circle! The Weekend Intensive is intended for those individuals struggling with eating disorders and disordered eating, compulsive eating, binge eating, emotional eating, body image issues and compulsive exercise issues who are medically stable and have some measure of success in managing symptoms but are looking to support, solidify and increase positive changes. The weekend will begin on Friday April 1st from 5pm. [For more information or to register.](#)



Enhancing Intimacy: A Mindfulness Based Couples Workshop:

This interactive workshop will take place on Saturday, April 30th from 10am-1pm. Couples are invited to participate in a partner yoga class and meditation led by myself and then a discussion led by clinical psychologist, Mary Segarra, Ph.D on verbal communication. The cost of the workshop is \$240 per couple. [For more information or to register.](#)



Soul Food: Getting To Know Food, Your Body and Yourself:

Take a journey within as you Dance Your Digestion and Play With Your Food through movement, yoga and meditation. Then embark on an informative quest I discuss the fundamentals of metabolism and balanced eating. Learn about food in a way you never have before-by going deep within yourself for the answers. This workshop is on Saturday, May 14th from 10am-1pm and is \$100 (\$65 with Student ID). [To sign up.](#)

