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home
the basics

one-on-one
yoga therapy

8 week
program

yoga experience class
with eating component

workshops
and retreats

SELF CARE FOR THE CAREGIVER

A PHOENIX RISING MINDFULNESS-BASED YOGA THERAPY
WEEKEND WORKSHOP



Start the New Year by Taking Care of Yourself!

Weekend will include:

Phoenix Rising Yoga
Meditation
Mindfulness
Silence
Sharing
...and More!

What is Phoenix Rising Yoga?

Through theme based yoga postures, participants are facilitated through an experience of him or herself in the present moment. Whether the present moment is inviting a physical, emotional, intellectual or spiritual experience, participants have an opportunity to find richness in relationship to the bigger picture of how what they became aware of connects to their daily life - work, play, family and relationships. Using focused breathing and deliberate held postures, participants explore a deeper attunement to his/her internal guiding compass. Through this process of awareness and discernment, participants have the opportunity to release old undigested experiences, traumas, personal beliefs and out-of-date habits and patterns to then move more fully into life with new perspective and personal efficacy.

Date/Time: Saturday, January 28th 10am-5pm &
Sunday January 29th 10am-4pm

Place: The Center For Connection
1841 Broadway @ 60th Street
Suite 806

Cost: \$300

Please Join Us:

Therapists

Medical Professionals

Health & Wellness Professionals

Body Workers

~No Yoga Experience Necessary~

Pre-Registration Needed To Attend

Please Contact:

Maria Sorbara Mora, MS, R.D., PRYT, RYT

Registered Dietician

Phoenix Rising Yoga Therapy Practitioner

Registered Yoga Teacher

Certified Group Facilitator

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