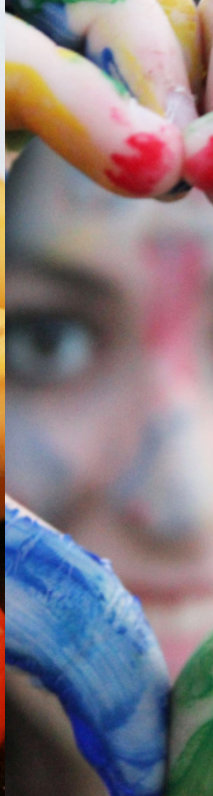




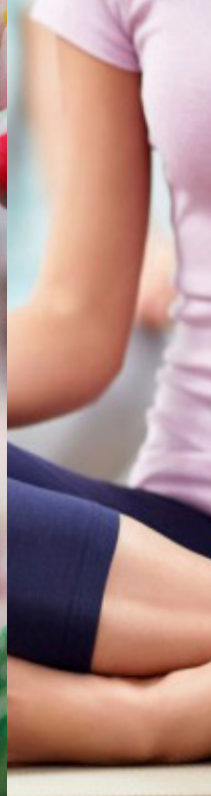
ENVIRONMENTAL
AWARENESS



HEALTH &
WELLNESS



CREATIVITY



YOGA,
MOVEMENT &
MEDITATION



SPIRITUAL
EXPLORATION



CLASS GUIDE FALL 2015

Wainwright House



Holistic Center Since 1951

914-967-6080 • 260 Stuyvesant Avenue, Rye, NY 10580 • www.wainwright.org

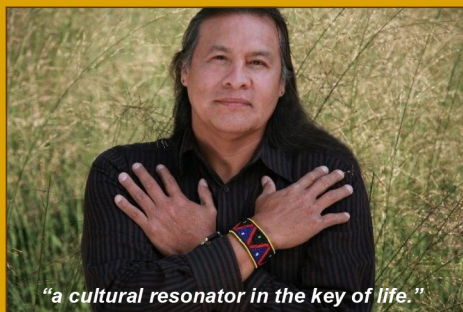
HEALTH & WELLNESS EXPO

Sunday, September 13, 2015

9:00 am–4:30 pm

[Rain or Shine]

Keynote Speaker
Tiakasin Ghosthorse
of First Voice Indigenous Radio
Lecture + Music Performance
at 12:30 pm



\$5 Mini-Audit Classes

PRE-REGISTER ONLINE
for one or more of the
70+ NEW Fall Classes!

Creativity
Spiritual Exploration
Yoga, Movement & Meditation
Health & Wellness
Environmental Awareness

Wainwright House Practitioners PRE-REGISTER ONLINE

Reflexology • Astrology • EFT
[Emotional Freedom Techniques]
Psychic/Medium • Chakra • Tarot
Homeopathy • Massage Therapy
Special SUP YOGA Class
[IN THE WATER]

9:00 am Registration Open
9:40 am Morning session begins
12:30pm Keynote Speaker [FREE]
2:00 pm Afternoon session begins

Lunch available by
BUTLER BROTHERS
at NOON

Shop Holistic Marketplace
Hand-crafted Jewelry
Yoga Merchandise
Mala Beads, Soaps and more...

INFORMATION: WAINWRIGHT.ORG & 914-967-6080

Wainwright House



Holistic Center Since 1951

260 Stuyvesant Avenue Rye, New York 10580

C O N T E N T

BOARD OF TRUSTEES & STAFF	1
SAVE THE DATES	2-3
AUTHOR'S SERIES	4-5
CREATIVITY	
Conscious Dance Series	6-7
Healing Sounds Series	7-8
Creativity Workshops	9-10
Creative Writing Workshops	10-11
SPIRITUAL EXPLORATION	
New Moon Gatherings	12
Native American Spirituality Series	12-14
Psychic Development Series	14
Additional Workshops	15-17
YOGA MOVEMENT & MEDITATION	
Class Schedule & Payment Options	18
Class Details	19-21
Specialty Yoga/Movement Workshops	21-22
Special Meditation Workshop/Class Series	22
HEALTH & WELLNESS	
Exploring Elder Care: Navigating Life's Transitions Series	23-24
National Guild of Hypnotists' "NGH Certification in Hypnotism"	24
Optimal Health Series for Women & Men	24
Joyful Baby Massage	25
Additional Workshops	25-26
ENVIRONMENTAL AWARENESS	
Monthly Film Series and Discussion with Grassroots Environmental Education	26-27
AFFINITY GROUPS	28
PRACTITIONERS	28

BOARD OF TRUSTEES & STAFF

Board of Trustees

OFFICERS

President

William Guyre

Vice President

Pamela Dwyer

Treasurer

Arta Narkaj

Secretary

Julia Schwartz-Leeper

Dr. Barry Boyd
Victoria Friedman
Holly Galgano
Debra Holstein
Judith Martin

Richard Martinelli
Anthony Piscionere
Mary Scully
Deborah Walker

Chairperson

Carol Craig

STAFF

Executive Director

Peggy Hill

Director, Business Development

Pamela Fernandes

Program Director

Linda Parker

Operations Coordinator

Carmela Menta

Facilities Manager

Javier Lopez

Administration Assitant

Yolanda Johnson

Oktoberfest:

A Steuben Day Celebration:
Spend the afternoon at

Wainwright House Beirgarten

Sunday, September 27, 2015

1:00pm to 5:00pm

Sponsored by



General Admission \$55.00 Designated Driver: \$35.00
Register at www.wainwright.org or 914-967-6080



Wainwright House Yoga Training Academy

Yoga Teacher Training



FALL 2015

Yoga Alliance Certification for All Courses

Always committed to excellence, Wainwright House is offering a unique yoga training environment, incorporating a holistic approach, with dedicated teachers who are experts in their respective specialties. Each teacher is ready to guide his/her students through the refinement of the yoga practice and teaching.

"A Center of Excellence in Yoga Training"

Turn Your Yoga Passion Into a Career

DEEPEN and **REFINE** your yoga practice while earning certification

DISCOVER the art of teaching yoga asanas, meditation and pranayama

Yin Yoga with Corina Benner

November 6, 7, 8, 2015 9am—6pm
\$500. Member; \$550. Non-member
Open to Certified teachers & students

Prenatal Yoga with Sue Elkind

October 2015 9am—6pm
3-day program
\$600. Member; \$650. Non-member
Open to Certified teachers & students
Yoga Alliance Certification available

Weekend RYS 200 Training

Yoga Teacher Certification with lead teacher, **Bernadette Birney**
20-hour weekend classes meet every 3rd weekend this Fall
\$2895. Member; \$3195. Non-member
Contact Carol Craig 914-967-6080

SAVE THE DATE

Sunday, September 13

9:00am – 4:30pm

Health and Wellness EXPO

Keynote speaker: **Tiokasin Ghosthorse**

Sample Classes, Practitioners, Vendors

Sunday, September 27

1:00 – 5:00pm

Oktoberfest in the Beirgarten at Wainwright

A Steuben Day Celebration

Food, Beer Tasting, Dancers, Bavarian Folk Dance

Sunday, September 20

5:00 – 7:00pm

Autumnal Equinox

The Autumnal Equinox invites us to come into awareness and balance regarding the light and dark aspects of ourselves and the world. Join the community in celebrating the sacred change of seasons to ensure our passions and accomplishments continue to express our integrity, making the world a better place, living with Mother Earth rather than on Her.

Sundays,

10:30am – 1:30pm

October 18, November 1, December 6

Paws on Pillows

Wainwright House Outreach Program

Help bring comfort to animals in need by making beds and toys. The beds and toys will be donated to the dogs and cats at the Animal Shelters in Westchester. No experience necessary.

Saturday, November 7

6:30 – 10:30pm

Third Annual Fun & Fabulous

MASQUERADE Party and Silent Auction

Festive Attire, Masks Optional

Saturday & Sunday, December 5-6 10:00am – 4:00pm

A Dickens of Weekend:

Holiday Shop, Cooking Demo, Children Crafts and Free Holiday Entertainment

Sunday, December 20

5:00 – 7:00pm

Winter Solstice

Winter Solstice has been celebrated in cultures around the world for thousands of years. This start of the solar year is a celebration of Light and the rebirth of the Sun. Join the community to honor our ancestors, belief systems and to offer prayer and gratitude with a ceremonial fire and drumming led by Susan Wright, teacher of Shamanic practices.



Tuesday, September 29

3:00 – 4:30pm

A Conversation with Sarah Bracey White
Author of Primary Lessons

"As an African-American child growing up in the segregated pre-Civil Rights South, Sarah Bracey White pushed against the social conventions that warned her not to rock the boat, even before she was old enough to fully understand her urge to defy the status quo. In her candid and poignant memoir, *Primary Lessons*, White recalls a childhood marked by equal measures of poverty and pride—formative years spent sorting through the "lessons" learned from a complicated relationship with her beloved, careworn mother and from a father's absence engendered by racial injustice and compromised manhood." (Press release from CavanKerry Press)



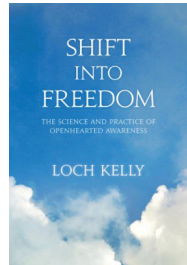
Suggest donation \$5.00
 Book Sales On Site: \$21.00

Wednesday, October 7

7:00 – 8:30pm

Shift Into Freedom – Author, Loch Kelly
Talk/Meditation/Book Signing

Join Loch Kelly as he shares insights and meditations from his new book that combines ancient wisdom teachings with contemporary neuroscience and psychotherapy. Loch, who is authorized to teach by Adyashanti and Mingyur Rinpoche, has synthesized advanced meditation practices into simple methods that can be done in the midst of your every day life. *Shift Into Freedom*, by Loch Kelly is being called a "threshold book like Eckhart Tolle's Power of Now."



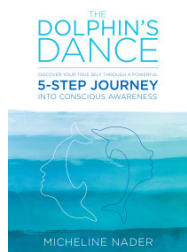
Lecture Only: \$25 (WM & NM)
 Lecture & Book: \$40 (WM & NM)

Wednesday, October, 21

7:00 – 8:30pm

The Dolphin's Dance: Discover Your True Self Through a Powerful 5-Step Journey Into Conscious Awareness
 Author, Micheline Nader
Lecture/Book Signing

Join Micheline Nader, healthcare entrepreneur and author of *The Dolphin's Dance: Discover Yourself Through a Powerful 5-Step Journey into Conscious Awareness* for an engaging lecture around wellbeing. This conversational-style interaction will focus on cultivating conscious awareness, the critical step in allowing us to live an expansive and authentic life. Micheline will introduce the five steps that follow the acronym D.A.N.C.E, her transformative process designed to help people uncover parts of their selves that often feel out of reach and lead a guided exercise. Book-signing to follow after lecture.



Lecture & Book: \$25 (WM); \$28(NM)

Wednesday, November 4

7:00 – 8:30pm

In An Ecstatic State:

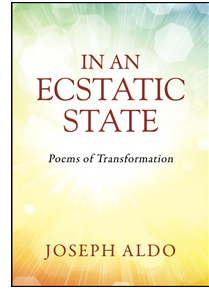
Poems of Transformation

Author, Joseph Aldo, Ph.D.

Poetry Reading/Lecture/Book Signing

Meet Author, Joseph Aldo, Ph.D. as he discusses and reads from his book *In An Ecstatic State: Poems of Transformation*.

This book is an offering to those who are interested in finding a deeper connection to their True Self (their soul) via the process of personal transformation. Poetry can be the quintessential light at the end of the tunnel during those “dark nights of the soul” experiences. Join us for an evening of humor, inspiration, spiritual insights and self-discovery.



Lecture & Book: \$25 (WM); \$28 (NM)

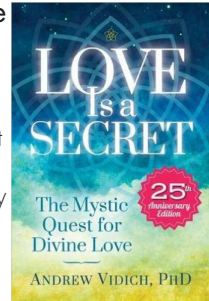
Wednesday, December 2

7:00 – 8:30pm

Love is a Secret: The Mystic Quest for Divine Love – Author, Dr. Andrew Vidich

Lecture/Book Signing

Join Andrew Vidich, PhD as he discusses his book *Love is a Secret: The Mystic Quest for Diving Love* that draws on all the great traditions, from Taoism to Christianity, from Sufism to Judaism, to describe the psychology of humankind’s deepest spiritual encounters. All profits will go to SOS, a not-for-profit charitable organization.



Lecture & Book: \$15 (WM&NM)

Welcome

Wainwright House is set on 5 acres in Westchester County. It is an idyllic site, a warm and welcoming setting in which individuals and groups from across the country and around the world can work, learn, relax, and regenerate.


Wainwright House is the preferred retreat location for many groups.

Please contact us for information and availability.



MEDITATION GARDEN, WAINWRIGHT HOUSE

WM=Wainwright Member, NM=Non-Member



True creativity often starts
where language ends.

Arthur Koestler

CONSCIOUS DANCE SERIES

5-Part Series

Minimum Registrants: 5

Date

October 10 – December 12

(skip Dec 5)

Bi-weekly on Saturdays

2:00–3:30pm

Note: Nov 7, 3:30-5:00pm*

Price

Entire Series (5% discount):

\$143 (WM)

\$157 (NM)

Individual workshop:

\$30 (WM)

\$33 (NM)

October 10

2:00 – 3:30pm

Grace in Motion: Let Your Yoga Dance

with Beth Bierko, Let Your Yoga Dance instructor & Kripalu Yoga Teacher

An amazing chakra fusion! A joy-filled, powerful practice combining yoga, breath work, and a combination of free-form dance and simply choreographed dance activities, all done to popular music and world rhythms. It is a funky, sexy, sacred, inspirational dance of the multi-dimensional self, bringing fun and healing to body, mind, and spirit. Let Your Yoga Dance® is for every single body and wonderful for all ages.

October 24

2:00 – 3:30pm

JourneyDance™

with Joanne Keane, Journey Dance Instructor, Yoga Teacher, Energy Healer

A dynamic conscious dance form that combines freestyle and structured movement to inspire you to get out of your mind and into your body. In JourneyDance™, we release judgment of ourselves and others. It's not about learning steps; it's about revealing, recovering and re-discovering your natural intuitive movement. We activate imagination and utilize diverse forms of freestyle improvisational dance, yoga, ritual, theater, and shamanism to a soundtrack of inspiring world music, creating a barefoot ecstatic celebration of the human spirit.

November 7

*3:30 – 5:00pm

The Transformative Magic of Belly Dance

with Susan Wright LMT, LCSW-R, ERYT

Belly Dance is a powerful shamanic movement journey through the elements of creation - earth, water, fire, air and the etheric - each with their own quality of movement and way of massaging the joints and organs of the body as well as expressing a trajectory of life force energy to heal all beings. It is a practice that will empower you to realize your dreams, energize, stay in shape, as well as have fun. If you are already a student of belly dance, this class will provide a fresh, spiritual, improvisational aspect. If you are a beginner, it is a good introduction to this ancient, shamanic art of the body, emotions, mind and spirit.

November 21

2:00 – 3:30pm

5Rhythms® Dance/Movement Practice – Waves

with **Margaret Wagner**, *SRTA Teacher, Yin and Restorative Yoga Teacher*

The 5Rhythms® is a dynamic dance/movement practice of being in the body that ignites creativity, connection and community. We move into our dance with the support of a world of music that can rock and roll from head to toe, cradle like soft blanket, or transport into trance with tribal pulses. Rather than having specific steps to follow, each rhythm (Flowing, Staccato, Chaos, Lyrical and Stillness) is a different energy field. We find our own expression and choreography, thereby stretching our imaginations and bodies. For young and old, survivors of bad backs, bum knees and broken hearts, the class is open to everyone, regardless of age, shape, size or dancing ability.

7

December 12

2:00 – 3:30pm

The Nia® Technique:

Sensing Your Body’s Way for a Healthy Spine

with **Cory Ethridge**, *Nia White Belt Instructor, 200 RYT Yoga Instructor*

Nia® is the “art of movement” the body’s way utilizing energy styles from martial, dance and healing arts to soul-stirring music. In this workshop, the focus will be on sensing the spine, specifically to increase mobility and stability. Wear comfortable exercise clothes. No shoes required for class. Nia® is practiced barefoot, non-impact and adaptable to individual needs and abilities.

HEALING SOUNDS SERIES

4-Part Series

Minimum Registrants: 5

Date

October 3 – November 14

Bi-weekly on Saturdays

2:00–4:00pm

Price

Entire Series (5% discount):

\$152 (WM)

\$167 (NM)

Individual workshop:

\$40 (WM)

\$44 (NM)

October 3

2:00 – 4:00pm

Drumming: The Healing Sounds of Your Heartbeat

with **Damon Jackson**, *Founder of A.L.I.R.A.M., Remo HealthRHYTHMS® Trained Facilitator*

Experience how drumming has not only helped us get in touch with our inner selves but also how it offers health benefits from lowering blood pressure and reducing stress and pain, to boosting the immune system and increasing brain functionality. With the use of traditional healing rhythms and sounds, explore some of the techniques that have been applied by healers since the creation of the drum, reconnecting with the first rhythm experienced - your heartbeat.



WM=Wainwright Member, NM=Non-Member

October 17

2:00 – 4:00pm

The Healing Sounds of Himalayan Bowls

with Rev. Suzy Meszoly, DSH and CHHC

The unique and multi-layered sounds of the Himalayan bowls are known to entrain the brain to theta brain wave action. This brain frequency brings clarity of mind and enhances our intuition as well as taking us into a deep peaceful meditative state as the nervous system relaxes and our pain and stress dissolve. Some benefits include: creating cardio-respiratory synchronicity, release constricted energies and creating harmonious alignment throughout the chakra system.

October 31

2:00 – 4:00pm

Journeying Under the Piano: Celebrating Samhein with Music and Movement

with Kazzrie Jaxen, Professional Pianist & Vibrational Adventurer

Samhein (Halloween) is a time for deep spiritual work when the veils between worlds are thin, a time to honor our ancestors and celebrate renewal and creativity. Aligning with the meaning of the day, participants will practice simple Qigong movements to release and heal ancestral patterns, followed by a Journey into the Dreamtime which consists of lying underneath and around the piano (or sit in chairs if that's more comfortable) as Kazzrie tunes into everyone's energy and you drift into peacefulness listening to and feeling the vibrations of the improvised music.

Notes: Bring a mat, pillow and blanket to be comfortable lying on the floor.

Optional: Bring or wear an item of clothing or accessory that celebrates your creativity and/or honors an ancestor. Paper, pens and crayons will be provided for journaling and drawing.

November 14

2:00 – 4:00pm

Sacred Gong Immersion

with Alex Nason, Co-Founder of ProMindful & Certified Gong Master

Immerse yourself in a profoundly relaxing and deeply healing experience. Clear stuck energy, open your energy centers and rejuvenate your body, mind, and spirit with a combination of gentle deep guided relaxation, and gentle healing gong baths. As you relax, the gong tones will penetrate every cell and fiber of your body. Your mind and body enter into a deep state of meditation where healing on a subatomic level is possible. These classes are appropriate for complete beginners as well as advanced yoga practitioners.

Note: Please avoid consuming excessive food or beverages 2 hours prior to this workshop.

CREATIVITY WORKSHOPS

Saturday, October 24

10:00 – 11:30am

Introduction to Zentangle® (Basic Workshop)

with *Nathalie Marinoff, CZT*

Zentangle® was designed as a simple, relaxing way for everyone, regardless of artistic ability, to create beautiful images using structured patterns. You will be introduced to the Zentangle® method and art form, its origins, philosophy and the steps of creating an original Zentangle® tile. Some have found this a form of meditation or a new creative outlet. Other benefits include: an improved sense of well-being and self-esteem, greater focus, increased relaxation

Even if you have never drawn before, come and discover the creative artist within! No previous drawing experience necessary.

\$30 (WM)

\$33 (NM)

Materials Fee: \$10 payable directly to instructor at workshop
Materials include: Artist quality 3.5 inch square paper tiles, Sakura® Micron Pen, Pencil, Pencil Sharpener & Tortillion, all packaged in a lovely, muslin bag.

Minimum Registrants: 5

Saturday, September 26

9:00am – 1:00pm

Soul Painting With Art & Yoga

with *Beth Hardev Kaur Sax & Mandeep Kaur Khalsa,*

(Kundalini Research Institute – Certified teachers and daily practitioners of Kundalini Yoga and Art & Yoga Instructors)

Master of Kundalini Yoga Yogi Bhajan drew, painted, wrote poetry (which musicians set to music) and told stories as part of his yoga and teaching.

In this workshop, you will:

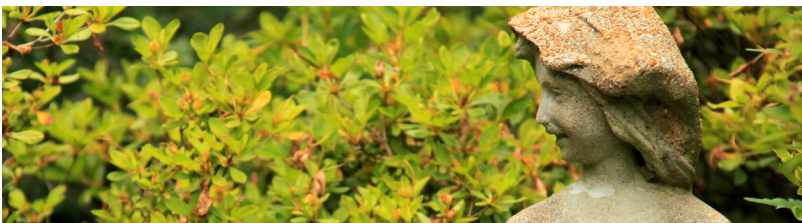
- Perform Kundalini Yoga to open to your true self.
- Be guided through a blend of postures, breath-work, mantra and meditation as taught by Master Teacher Yogi Bhajan.
- Create and express the truth witnessed in the yoga portion by journaling and painting on paper with acrylics.

The Yoga allows a deep connection within and the art following gives space for physical expression and release. Kundalini Yoga is accessible to all fitness levels ~ no art experience is necessary.

\$65 (WM)

\$72 (NM)

Minimum Registrants: 4



Saturday, October 3

10:00am – 1:00pm

Partner Creative Expression Yoga Workshop

with *Sherri Snyder*, Licensed Psychotherapist, Artist, Kundalini Yoga Instructor

This three-hour workshop will strengthen your relational connection by weaving in nurturing and playful experiences of Kundalini partner yoga, creative expression, gentle touch, and specific exercises to deepen your compassion for each other. No yoga or art experience necessary. Just bring an open heart. Art supplies included.

\$45 (WM)

\$50 (NM)

Minimum Registrants: 6

CREATIVE WRITING WORKSHOPS

Poetry Unmasked with

Maureen Amaturio, MFA Creative Writing & Founder Sound Shore Writers Group

6 weeks, Tuesdays

10:00am – 12:00pm

Sep 22, 29, Oct 6, 13, 20, 27

Explore one of the most brain-tickling creative writing experiences, writing poetry. With the simple steps and in-class exercises we'll cover together, you'll be surprised at how you can master this art and will find that it is not as intimidating as it may seem. We'll experiment with various styles of poetry and demystify poetic jargon and rules. As an incredibly imaginative process, the art of writing poetry sharpens every aspect of your creative writing tool set from inventing out-of-the-box symbolism and metaphors to conjuring evocative images and crisp description, valuable benefits for fiction and non-fiction writers, too. Applying some of the techniques learned from writing poetry will make every writer a better writer. PS: If ever there were a creative writing form as suited to math/science/logic enthusiasts as well as creative dreamers, poetry is it.

\$142 (WM)

\$154 (NM)

\$25 (One-Time Audit)

Minimum Registrants: 4



WM=Wainwright Member, NM=Non-Member

Creative Writing: Fundamentals for Every Genre *with*

Maureen Amato, MFA Creative Writing & Founder Sound Shore Writers Group

6 weeks, Fridays

10:00am – 12:00pm

Nov 6, 13, 20, Dec 4, 11, 18

Mystery to memoir, fiction to fantasy, chick lit to children's, thrillers to truth...well, you get the picture. Regardless of your genre, there are basic structures, tools, and tips that form the foundation for good storytelling.

Learn how to keep your reader as passionate about your story as you are, page by page. Maureen Amato guides you through the creative and mechanical processes of the art of writing: • strong beginnings • creating characters • setting • understanding problem, conflict, and search for a solution • dialogue. Students need only a good imagination and an interest in writing.

Materials: pencils, pens, lined paper, notebook, or laptop.

\$142 (WM)

\$154 (NM)

\$25 (One-Time Audit)

Minimum Registrants: 4

11

The Artist's Way – Part 1 (Chapters 1–6 of 12)

with Facilitator, Vallerie Huyghue

6 weeks, Wednesdays

7:00 – 8:30pm

Sep 16, 23, 30, Oct 7, 14, 21

Begin a weekly practice of focusing on your creativity using *The Artist's Way Workbook* by Julia Cameron which includes weekly assignments, keeping a journal, daily morning pages and group discussions. For anyone and everyone who yearns to be more creative. Whether you want to paint or play the piano, begin a book, a blog, or a new career—this course will get you started. No artist's credentials or prior writing experience required.

Requirements: All Participants must bring a copy of *The Artist's Way Workbook* by Julia Cameron to each session. Read Intro and Chapter One before the first class begins.

Note: This workshop is open to both adults and teens in grades 9-12 and older. Class size limited to 12. Register early. A second session to complete weeks 7-12 will be offered in Winter 2016.

\$125 (WM)

\$138 (NM)

Minimum Registrants: 4, Maximum Registrants: 12





New Moon Gatherings

with Pamela Cucinell, NCGR Certified Astrologer

Gather for Lunar ceremonies, weaving together mythological stories, color, sound, guided meditation and creativity. Focus on your goals and carefully seed your potential within a nurturing community.

Monthly Per Moon Cycle

Sunday, September 13; Tuesday, October 13;

7:00 – 8:30pm

Tuesday, November 10; Friday, December 11

Each gathering:

\$20 (WM); \$25 (NM)

All 4 gatherings (5% discount):

\$76 (WM); \$95 (NM)

NATIVE AMERICAN SPIRITUALITY SERIES

Further Teachings of the Medicine Wheel:

Working Creatively With the Elements of
the Four Directions

with Evan Pritchard, Professor of Native American Studies

Facilitated by Susan Wright, LMT, LCSW-R, ERYT

4-Part Series

Each Part consists of two workshops. The second workshop is for those who desire to go deeper. Take one or both workshops of each part. *Minimum Registrants: 3*

Dates

September 26, October 25,
November 22, December 19

Price

Entire Series (5% discount):

(includes workshop 1 & 2):

\$228 (WM)

\$266 (NM)

Individual workshop:

Workshop 1 or 2:

\$35 (WM)

\$40 (NM)

Both workshops:

\$60(WM)

\$70 (NM)

Saturday, September 26

Part 1: Working with Fire

Workshop 1: 3:30 – 5:30pm

Starting with the eastern direction of the wheel, the direction of fire and the sunrise, we will create a medicine wheel using fire. We will arrange fifty votive candles in the sacred geometry of the Medicine Wheel to symbolize the first fifty Algonquian nations that came before us. Each candle also represents a year of our lives, a night of the lunar cycle, or a month of the year. Some candles represent much more, as we will learn as we light them one by one and receive the teachings.

Workshop 2: 6:00 – 8:00pm

More advanced teachings about the sacredness of fire in Algonquin culture and how we can cultivate a more fiery spirit to speak up for truth and to let our spirits shine a bit more brightly.

Sunday, October 25

Part 2: Working with Air

Workshop 1: 1:00 – 3:00pm

Continuing to the southern direction of the wheel, the direction of air and wisdom, we will create a medicine wheel using commonly found feathers in the pattern of the Medicine Wheel. We will also each create a ribbon bundle embodying the seven directions of the wheel which we will take home and place in the wind where the prayers embodied in the ribbon will fly to the seventh level in the sky and beyond. We will also have a “talking feather” circle in which we allow spirit to speak through us to the others in the circle.

Workshop 2: 3:30 – 5:30pm

More advanced teachings about the sacredness of air in Algonquin culture, and how we can cultivate more of the wisdom of air in our speech, and our thoughts.

Sunday, November 22

Part 3: Working with Water

Workshop 1: 1:00 – 3:00pm

Continuing to the western direction of the wheel, the direction of water, of the heart, the emotions, and music, we will arrange fifty glasses in the sacred geometry of the medicine wheel and learn what each glass represents as we fill them with the water and with the flowing liquid of our devotion to spirit. We will sing songs while drumming, hand signing, and doing powwow style dancing as we open our hearts to spirit.

Workshop 2: 3:30 – 5:30pm

More advanced teachings about the sacredness of water in Algonquin culture and how we can learn to become more adaptable like water, flowing around obstacles in our path with grace and beauty.

Saturday, December 19

Part 4: Working with Earth

Workshop 1:

3:30 – 5:30pm

Continuing to the northern direction of the wheel, the direction of earth, and of rock, and of the dust of our own bodies, we will arrange fifty “grandfathers” (rocks) in the sacred geometry of the medicine wheel and offer our prayers to Mother Earth, that she will be strong.

We will open the space to the spirits of power animals to share with us their special abilities, to help complete us as humans.

Workshop 2:

6:00 – 8:00pm

More advanced teachings about the sacredness of rocks, and of the earth, and of course, the spirits of animals and how we can learn to be more grounded and stable, thinking in more long-term, sustainable ways.

PSYCHIC DEVELOPMENT SERIES

with Joan Carra, Psychic and Medium

Do you sense things before they happen? Do you want to enhance your intuitive abilities? During this 4-week series, get acquainted with your intuitive side as you learn and develop your psychic abilities.

4-Part Series

Minimum Registrants: 3

Date & Time

October 6 – October 27

Tuesdays

7:00–8:30pm

Price

Entire Series (5% discount):

\$114 (WM)

\$125 (NM)

Individual workshop:

\$30 (WM)

\$33 (NM)

October 6

Class 1: Third Eye Opening

Learn exercises to receive and project pictures and messages

October 13

Class 2: Aura Readings

The human aura is the energy field around the body. Learn to see the aura and interpret the meanings of the colors.

October 20

Class 3: Pendulum Predictions

This ancient technique, which is similar to dowsing can give us yes or no answers and even find lost items

October 27

Class 4: Intuitive Healing

Sensitize your hands to feel and send healing vibrations. Also access the frequencies of the Universe by creating positive thoughts for harmony and health.

ADDITIONAL WORKSHOPS

Friday, October 2

7:00 – 9:00pm

How To Understand Signs From The Other Side

with Robin Mueller, Intuitive Medium, Channel and Teacher

Renowned psychic, Robin C. Mueller, referred by Putnam Magazine in 2007 as “The John Edward of Putnam”, will teach students how to understand and watch for signs from the spirit world.

She will also have an extensive question and answer session to gain further insight into true spirit connection in your everyday life.

\$40 (WM)

\$44 (NM)

Minimum Registrants: 5

15

Sunday, October 4

1:00 – 5:00pm

Rhythm is the Cure: A Spiritual Healing Dance and Percussion

Workshop with Alessandra Belloni,

Internationally renowned singer & percussionist

An intensive healing workshop for women featuring Southern Italian ritual dances used for centuries throughout the Mediterranean. The dance movements represent an unbroken chain of inspiration from pre-Christian times to the present. In this workshop, participants will:

- Learn the unique style of tambourine playing featuring the 6/8 trance rhythm of the Tarantella
- Learn the ancient healing trance dance of the Tarantella and Tammorriata and how to apply it today
- Gain the healing and stress-relieving effect of these rhythms and dances
- Release blockages of emotional and sensual energies, expelling feelings of depression and repression
- Gain homeostatic balance and inner relief of stress, while restoring spiritual and physical energy.

*Participants encouraged to dance in barefeet and to wear a skirt. Dress in white clothes if possible.

\$80 (WM)

\$88 (NM)

Minimum Registrants: 5

Wednesday, December 9

6:30 – 8:00pm

Synchronicities: The Power of Meaningful Coincidences

with Gibbs Williams Ph.D.

Are you a truth seeker? Experience coincidences and thought; maybe there was more to it? Maybe you sense a more intimate connection with coincidences and are curious to learn more. At this engaging workshop, you will:

- Receive a method for decoding your own synchronicities
- Receive suggested practical applications
- Learn to connect and utilize your personal unconscious as a guide to heighten your awareness, strengthen your cohesiveness and evolve your consciousness.

*You will receive a worksheet via email after registration.

Please fill it out prior to the workshop and

bring with you on Dec 9.

\$35 (WM)

\$38 (NM)

Minimum Registrants: 8

 Wednesday, October 14

7:15 – 8:45pm

The Jewels in Your Horoscope Workshop
 with Pamela Cucinell, NCGR Certified Astrologer

How can astrology really work? Pamela Cucinell, a certified astrologer, demonstrates the relevance of the ancient art of astrology in contemporary life. Through this lively interactive workshop, Pamela uses down-to-earth explanations to give tangible information. Pre-registration advised.*

* *The horoscopes of pre-registered participants will demonstrate how much knowledge can be gleaned from this map of one's "celestial DNA"*
Register at least 48 hours before the workshop with your birth date, time and place of birth, to receive a printout of your unique horoscope. Email this information directly to: pamela@insightoasis.com

\$30 (WM)

\$33 (NM)

Minimum Registrants: 5

 Saturday, October 17

10:00am – 1:00pm

Dreaming True: How To Interpret Dream Messages
 with Janice Matturro, Certified Intuitive Consultant & Dream Teacher

One of the nine-powers of dreaming is the power of dreams to rehearse us for future challenges and opportunities. When we learn how to work with precognitive dreams, we are in a position to change the future for the better, for ourselves and those we love. Through a combination of learning and experiential dream practice, participants will learn:

- Eight solutions to the eight common reasons why we miss dreams messages about the future.
- How to clarify the dream message
- How to recognize when we are dreaming about people and situations from our future.
- The proper way to pass on a psychic message to others.
- Dream re-entry and dream-tracking techniques to gain additional information.

\$54 (WM)

\$60 (NM)

Minimum Registrants: 4

 Sunday, October 18

12:00 – 2:00pm

Tasseography: The Art of Tea Leaf Reading
 with Joan Carra, Psychic and Medium

Enjoy an afternoon of tea and light refreshments as you learn the enjoyable art of tea leaf reading, called tasseography. "Tasse" or "tass" is an Arab word root, meaning small cup or goblet. It is an ancient practice from Asia, the Middle East and Ancient Greece, interpreting patterns made by loose-leaf tea on the sides of the cup. It can also be done using coffee grounds. The process of tasseography stimulates the imagination to create individualized interpretations and solutions. Tea leaf reading is a fun, healthful and creative way to listen to yourself. In this experiential workshop, you will learn how to interpret the pictures

and symbols you see after drinking a soothing cup of meditative tea.

\$40 (WM)

\$44 (NM)

Coffee is available for non-tea drinkers.

Minimum Registrants: 4

 WM=Wainwright Member, NM=Non-Member

Thursday, October 29

7:00 – 8:30pm

Courting the Goddess: Venus, Your Guide to Love and Money
with Pamela Cucinell, NCGR Certified Astrologer

In astrology, the planet Venus represents how we attract love, harmony, possessions and yes, money into our lives. Astrologer Pamela Cucinell presents the mythology of the goddess Venus and how your archetypal connection with her (as represented in your horoscope) indicates your comfort level in love and money. Whatever your birth's blueprint, you have the power through awareness to court the goddess and create the love and wealth you want. Pre-registration advised*

* *The horoscopes of pre-registered participants will demonstrate how much knowledge can be gleaned from this map of one's "celestial DNA"*

Register at least 48 hours before the workshop with your birth date, time and place of birth, to receive a printout of your unique horoscope. Email this information directly to: pamela@insighttoasis.com

\$30 (WM)

\$33 (NM)

Minimum Registrants: 5

Sunday, November 8

1:00 – 4:00pm

Finding Solutions with Intuition and Practicality
with Joan Carra, Professional Psychic and Medium and Olivia Whiteman, Life Coach

What if a team can create solutions for you with both spiritual and practical techniques? Joan, a professional psychic can give you intuitive guidance and confirm your path and natural talents. But you still need to be in action and do the work to achieve your dreams. Olivia, a life coach can give you a step-by-step approach. Both lead you to go from vision to accomplishments. In this workshop, you will:

- Gain clarity around your goals
- Learn techniques to get unstuck
- Leave with an action plan

Olivia and Joan are friends for 30 years and are in the healing professions. They are collaborating as a team to create successful solutions for their clients.

\$60 (WM)

\$66 (NM)

Minimum Registrants: 4



CLASS SCHEDULE

<u>Mon</u>	9:30–10:30am Empower Hour Yoga Linda MacKay	11:00am–12:00pm Tai Chi for Health Stu Reis	6:30–7:30pm Qigong: Mindful Movement & Breathing Dana Mcavity
<u>Tue</u>	9:30–10:30am Centered & Energized Yoga Sujatha Raman	11:30am–12:30pm Yoga for a Pain Free Body & Stress Free Mind Athina Pride	7:30–8:30pm Yoga Nidra: Slow Flow to Stillness Linda MacKay
<u>Wed</u>	9:30–10:30am Awaken Gentle Flow Yoga Kelly McGovern	11:00am–12:00pm Tai Chi for Health Stu Reis	
<u>Thu</u>		6:30–7:30pm Kundalini Yoga & Meditation Mandeep Kaur Khalsa	7:00–8:00pm Fundamentals of Tai Chi Ch'uan Robert Corrado
<u>Fri</u>	9:30–11:00am Ayurvedic Yoga Susan Wright		
<u>Sat</u>	10:30–11:30am Basics of Yoga Sujatha Raman	2:00–3:15pm Living Your Prana Yoga Athina Pride	
<u>Sun</u>		3:15–4:15pm Fundamentals of Tai Chi Ch'uan Robert Corrado	

PAYMENT OPTIONS

Pay Per Series:

Series Price*

(5-weeks) \$75 (WM); \$100 (NM)

(6-weeks) 90(WM); \$120 (NM)

Commitment to a specific yoga/
movement series. Not transfer-
able to another class.

*Pro-rates: Pro-rates are
available after a series begins.
Must call or register in person.

Become Member of Wainwright:

Join as a Wainwright House
Member \$300 Donor Level (or
above) and receive all yoga &
movement classes FREE for the
year (not valid for workshops).

**Important: Donors must always
register for class.**

12-Class Package:

\$216 (WM & NM)

Flexible to use in any yoga/move-
ment class.

Valid during Fall Season ONLY
(Sep 21 – Dec 20)

Drop-Ins:

\$25

Drop-ins allowed after class is
running with minimum registrants
required. Call to inquire. Pay in
person.

Minimum Registrants per class: 4

CLASS DETAILS

Mondays

Fall Series 1 (6-weeks): Sep 21, 28, Oct 5, 19, 26, Nov 2 (skip Oct 12)

Fall Series 2 (6-weeks): Nov 9, 16, 23, 30, Dec 7, 14

Empower Hour Yoga with Linda MacKay 9:30 – 10:30am

A body awakening 35-minute flow of yoga postures followed by 25 minutes of yoga nidra. Vinyasa flow will include standing, seated and balance poses designed to make the body strong, flexible and aligned. Yoga nidra follows use guided imagery and body scanning to induce full-body relaxation and a deep meditative state of consciousness.

Tai Chi for Health with Stu Reis 11:00am – 12:00pm

Tai Chi is a form of Chinese exercise that consists of relaxed, gentle and fluid movements. This course teaches the Yang-style short form, and can be practiced almost anywhere, by anyone, and is beneficial to people of all ages and fitness levels. Tai Chi will increase balance and flexibility, reduce stress by increasing the sensation of relaxation, aid in better overall health, increase vitality and longevity.

Qigong: Mindful Movement & Breathing 6:30 – 7:30pm with Dana Mcavity

ONE SERIES ONLY (6-weeks): Sep 21, 28, Oct 5, Oct 26, Nov 2, Nov 9 (skip Oct 12 & 19)

Learn time-tested and research proven techniques to help integrate body, mind and spirit through gentle movements, postures and breathwork. Benefits include stress reduction, improved sleep, strengthened immune system, balance and muscle tone. No previous Qigong experience necessary.

Wear flexible clothing and comfortable shoes.

Tuesdays

Fall Series 1 (6-weeks): Sep 22, 29, Oct 6, 13, 20, 27

Fall Series 2 (6-weeks): Nov 3, 10, 17, 24, Dec 1, 8

Centered & Energized Yoga 9:30 – 10:30am with Sujatha Raman

A well-rounded class that works the entire body and helps release stress and get centered. Begins with breathing techniques, a flow sequence to stretch and energize, and twists to detox. Then we work on poses that increase flexibility and strength. The class ends with meditation and shivasana. Some experience is required but this is a general class that will benefit most people.

Yoga for a Pain Free Body & Stress Free Mind

with Athina Pride 11:30am – 12:30pm

6 classes focusing on parts of the body that tend to tighten up:

Week 1: Lower Back followed by Yoga Nidra • **Week 2:** Upper Back followed by Yoga Nidra • **Week 3:** Shoulders & Neck followed by Yoga Nidra • **Week 4:** Hips followed by Yoga Nidra • **Week 5:** Healing Vinyasa followed by Yoga Nidra • **Week 6:** Special Requests from students

Yoga Nidra: Slow Flow to Stillness 7:30 – 8:30pm
with *Linda MacKay*

A brief, gentle, slow yoga flow followed by a full body relaxing yoga Nidra guided meditation. Wind down and release your stress with this restorative, still practice; a perfect way to end your day.

Wednesdays

Fall Series 1 (6-weeks): Sep 30, Oct 7, 14, 21, 28, Nov 4

Fall Series 2 (5-weeks): Nov 18, 25, Dec 2, 9, 16

Awaken Gentle Flow Yoga 9:30 – 10:30am
with *Kelly McGovern*

A compassionate, non-competitive environment that welcomes all. A softer, nurturing, slow-paced, well-supported and relaxing practice. Postures will be approached in gradual steps with plenty of time to focus on breathing and repetition. The goal being a restorative experience.

Tai Chi for Health with *Stu Reis* 11:00am – 12:00pm
(see description on monday)

Thursdays

Fall Series 1 (6-weeks): Sep 24, Oct 1, 8, 15, 22, 29

Fall Series 2 (6-weeks): Nov 5, 12, 19, Dec 3, 10, 17 (skip Nov 26)

Kundalini Yoga & Meditation
with *Mandeep Kaur Khalsa (SERIES 1 ONLY)* 6:30 – 7:30pm

We will practice Kundalini Yoga to open to your true self. Kundalini Yoga, as taught by Yogi Bhaajan, is a blend of postures, breath-work, mantra and meditation. Yoga allows a deep connection within. Kundalini Yoga is accessible to all fitness levels.

Fundamentals of Tai Chi Ch'uan
with *Robert Corrado* 7:00 – 8:00pm

Tai Chi is slow moving exercises that help coordinate breath and movement, improve balance, flexibility, vitality and focus. During the course of each series, experience the many styles of movement within this discipline for developing sensitivity to another person's energy.

Fridays

Fall Series 1 (6-weeks): Sep 25, Oct 2, 9, 16, 23, 30

Fall Series 2 (6-weeks): Nov 6, 13, 20, Dec 4, 11, 18

Ayurvedic Yoga 9:30 – 11:00am
with *Susan Wright, LMT, LCSW-R, ERYT*

Start your weekend relaxed with this healing class. Ayurvedic Yoga will support you in balancing your mind and all of your organs and energy systems. Bring harmony to the elements and sacred qualities within your unique process as you become in greater alignment with your needs, the seasons and the expression of your soul on its journey of evolution.

Saturdays

Fall Series 1 (6-weeks): Sep 26, Oct 3, 10, 17, 24, 31

Fall Series 2 (6-weeks): Nov 7, 14, 21, Dec 5, 12, 19 (skip Nov 28)

Basics of Yoga with *Sujatha Raman* 10:30 – 11:30am

For those new to yoga and who like to work at integrates breath with movement. Taught in a supportive environment, you will increase strength and flexibility. Class includes asanas, breathing techniques and meditation. At the end of the six weeks, you will have mastered sun salutation and asanas and how to use your breath to relax and de-stress and to energize yourself.

Living Your Prana Yoga with Athina Pride 2:00 – 3:15pm

A Kripalu sequence to deepen one's awareness of the flow of prana in combination with mindful movement and postures. The class begins with slow repetitive movements combined with breathing to awaken the energy. Include two 10-minutes Yoga Nidra sessions, 3-4 yoga postures with long holdings, One-point Meditation, Pranayama, Free Flowing movements and Savasana. Benefits include: a focused mind, increased energy, ability to relax more deeply and to connect with one self in a more meaningful way.

Sundays

Fall Series 1 (6-weeks): Sep 27, Oct 4, 18, 25, Nov 1, 8 (skip Oct 11)

Fall Series 2 (5-weeks): Nov 15, 22, Dec 6, 13, 20 (skip Nov 29)

Fundamentals of Tai Chi Ch'uan 3:15 – 4:15pm *with Robert Corrado*

(see description on Thursday)

SPECIALTY YOGA/MOVEMENT WORKSHOPS

Sunday, October 11

1:00 – 4:00pm

Creating Peace for Your Soul and Space *with Nidhi Huba, Creator of AumHome, Master Level Kundalini Yoga Instructor, Fengshui Certified*

Yearning for a calm, balanced, peaceful environment that continues to support the same for your body, mind and spirit? Nidhi brings over 20 years experience in yoga, spiritual healing and the arts in this workshop to help make a person's environment not only peaceful, but beautiful too. In this workshop you will:

- Practice Kundalini Kriya's and meditations to align your mind and clear energy in personal space
- Learn about the fengshui bagua and how to enhance each area of your home
- Learn a blend of teachings from fengshui, vaasthu and the powerful practice of mantra, pranayama and intention.

BONUS: Receive instructions on pendulum and dowsing, crystal healing and aromatherapy relaxation. Bring a journal and a floor plan or sketch of your home. Wear comfortable clothes for movement.

\$54 (WM)

\$60 (NM)

Minimum Registrants: 5

Saturday, October 31

11:00am – 1:00pm

The Restorative Power of Qigong *with Margaret Matsumoto, Senior Faculty, Tai Chi Foundation*

Learn healing Qigong that combines basic movements with relaxed deep breathing. All interested individuals are welcome; especially those with chronic debilitating illness, balance or walking issues, recovering from physical injuries and family caretakers. Learn specific restorative movements practiced for those in chemotherapy treatment or in post-treatment

phases as well as de-stressing techniques

\$40 (WM)

equally useful for anyone interested

\$44 (NM)

in restoring and maintaining good health.

Minimum Registrants: 3

ADDITIONAL YOGA/MOVEMENT WORKSHOPS

(see more details under Creativity)

Conscious Dance Series *(page 6)*

Soul Painting with Art & Yoga *(page 9)*

Partner Creative Expression Yoga Workshop *(page 10)*

SPECIAL MEDITATION WORKSHOP/CLASS SERIES

Saturday, November 14 (Part 1)

9:30am – 12:30pm

Sunday, November 15 (Part 2)

2:00 – 4:00pm

Primordial Sound Meditation for a Daily Practice

with Lucille Sollazzo, BSN, RN and Certified Meditation Instructor

2-day workshop (total 5 hours)

This two day program is the perfect way to start a daily meditation practice using Primordial Sound Meditation (PSM), an ancient meditation practice.

Part 1: Receive a personal PSM Mantra which is the specific sound or vibration the Universe was creating at the time and place of your birth, calculated using Vedic mathematic formulas, learn principles of meditation and how to use your mantra.

Part 2: After practicing on your own, time will be taken to tweak, answer questions and learn more about this meditation practice so you leave knowing how to comfortably develop a daily practice and gain the most benefit.

Requirement: You must register with your date of birth, place of birth, time of birth.

Please email this information directly to the instructor at: humanbeingpsm@icloud.com

Additional Material Fee: \$40 payable directly to the

instructor at day of workshop. Materials you receive

include: book, CD and your personal Mantra.

\$80(WM)

\$90(NM)

Minimum Registrants: 5

Foundations of Mindfulness: Insight Meditation

with Nina Nagy, Teacher NY Insight Meditation

Through Insight Meditation, we open ourselves to the process of change and transformation occurs. In this series, you will study Four Foundations of Mindfulness and start with present moment awareness. Various exercises and practices will be given which can be carried on at home or at the workplace. Loving kindness meditation is also introduced. The mind is gradually strengthened through this ongoing training and clarity emerges.

6-Week Series

Minimum Registrants: 3

Wednesdays,

6:45-8:15pm

Date & Time

September 16, September 23,

September 30, October 7,

October 21, October 28

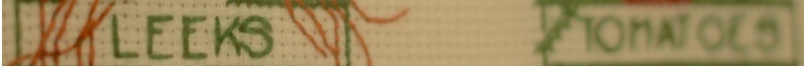
(Skip Oct 14)

Price

Entire Series (5% discount):

\$145 (WM)

\$162 (NM)



EXPLORING ELDER CARE:

NAVIGATING LIFE'S TRANSITIONS SERIES

with Barbara Newman Mannix, Founder/CEO of
A Dignified Life LLC

An interactive, educational series to help explain the options and resources available for proper elder care planning. The series is intended to create the highest level of lifestyle, no matter what age, stage of life or generation attending. This is an on-going process to learn the nuances of this transition.

6-Part Series

Minimum Registrants: 3

Date & Time

September 21 – November 30
bi-weekly on Mondays
7:00–8:30pm

Price

Individual workshop:
\$20 (WM)
\$24 (NM)

September 21

Part 1

Creating Awareness: What is Proper Elder Care Planning

Creating a proper elder care plan is a way to help loved ones ensure continued good health, improve their overall quality of life, reduce the need for hospitalization and/or institutionalization, and enable them to live independently for as long as possible. Learn some of the ways to assess and succeed.

October 5

Part 2

How Do I Start the Conversation with Mom and Dad?

Is mom becoming forgetful and confused? She doesn't remember to take her medication. What can I do? Should dad be allowed to drive? Does he need 24-hour supervision? Learn how to approach mom and dad in a loving and non-confrontational way to help avoid a crisis, reduce stress and establish peace of mind for the family.

October 19

Part 3

Family Communication

Families are managed on the basis of crisis, moods, quick fixes, and history – not always on sound principles. Learn how to direct the family dynamic to a positive and productive resolution for the best benefit of mom and dad.

November 2

Part 4

Where Shall I Live Now?

Change can be challenging. The time it takes to transition is different for everyone. The keys to success are preparation, a positive attitude, a supportive network of family and friends, along with patience and understanding. Learn what the different levels of care are for each senior living environment. These guidelines will help prepare you for a smooth transition to whatever level of care your loved one requires.

November 16

Part 5

What Exactly is Aging in Place?

Most adults would prefer to age in place - that is, remain in their home of choice for as long as possible. Aging in place is the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level. Learn how to support that goal.

WM=Wainwright Member, NM=Non-Member

What Are Advanced Directives?

All adults - not just adults with chronic diseases or other challenging medical conditions - should plan for their future health care treatment. Document your personal wishes and preferences. Complete the Advance Directive documentation that specifies personal preferences regarding acceptable and unacceptable medical treatments. Learn to think about this in a manageable and approachable way.

National Guild of Hypnotists' "NGH Certification in Hypnotism"

presented by Janice Maturro, Certified NGH Instructor

Become a Certified Consulting Hypnotist or enhance the lives of your loved ones. This core curriculum of the NGH 100-Hour Certification in Hypnotism course is designed to provide an intensive, in-depth training in the art and science of hypnotism.

Visit website for complete details + downloadable Course Syllabus

5-Month Course

1 weekend per month

Date & Time

2015

Weekend 1: October 10 & 11

Weekend 2: November 7 & 8

Weekend 3: December 12 & 13

2016

Weekend 4: January 9 & 10

Weekend 5: February 20 & 21

Saturdays 8:30am-5:30pm;

Sundays 9:30am-5:00pm

Price

Early Bird price

(Deadline Sep 13):

\$1950*

Register Sep 14 through Sep 25:

\$2100*

**Prices include a \$300 non-refundable deposit for Student Training Materials. No registrations accepted after Sep 25.*

Bonus: An additional FREE 3-hour workshop with instructor after completion of certification

Optimal Health Series for Women & Men

A two-part series for optimal health. Enjoy two evenings of discussion around women's and men's health issues with two local expert doctors in the field; Dr. Edward Jacobson and Dr. John Salerno. In addition, Rosella Menta, R.Ph., a Compounding/Community Pharmacist specializing in BHRT from Rye Beach Pharmacy will be on-site at each lecture to answer any additional questions and to aid in sharing useful information.

Time: 7:00 – 8:30pm

\$10 (WM); \$12 (NM)

September 30

Edward Jacobson, MD,

FACOG, Greenwich

Gynecology, LLC

Lecture Topic

Truth vs. Myth: What You Need To Know About Natural Estrogen Replacement Therapy

November 18

Dr. John Salerno, Board Certified Family Medicine, Medical Director, Salerno Center New York

Lecture Topic

Holistic Approach to Cleaner Living: Focusing on Weight Loss, Chelation, Detox and BHRT

JOYFUL BABY MASSAGE

with Linda Thomas, NY Licensed Massage Therapist

In this hands-on, small-group class, you will learn strokes and stretches to:

- Promote relaxation
- Build a strong, healthy immune system
- Facilitate weight gain and help develop body awareness and coordination
- Learn techniques to offer relief from colds, colic, hiccups, constipation, diarrhea and teething irritability

Special note: Organic massage oil and full notes are provided to take home.

4-Week Series

Date & Time

Thursdays, 10:00 – 11:00am

Fall Series 1: September 24, October 1, 8, 15

Fall Series 2: October 22, 29, November 5, 12

Fall Series 3: November 19, December 3, 10, 17

\$90 (WM)

\$110 (NM)

\$25 (One-Time Audit)

Minimum Registrants: 3

25

ADDITIONAL WORKSHOPS

Saturday, September 26

9:30am – 12:30pm

Intro to Compassionate Communication:

A Mindful Approach to Nurture Relationships

with Rev. Dr. Lora Kim Joyner, Certified Trainer in

Non-violent Communication

Through practice, experience and reflection this introductory workshop invites you to reorient your life towards your deepest values and hopes. With Rev. Joyner's guidance and lively group interaction, you will:

- Gain practical tools on how to nurture many types of relationships and live compassionately.
- Grow your ability to affirm the inherent worth and dignity of all in thought, word and action.
- Become a healing force, a compassionate voice, and a source of peace in your relationships, communities, environment, and world.

\$54 (WM)

\$60 (NM)

Minimum Registrants: 10

Thursday, October 15

6:30 – 8:00pm

The Alchemy of Joy

with Esther Russell, M.A., Founder and CLO (Chief Laughing Officer) of Joy Breaks Barriers

Joy is your birthright! Tap into the alchemy of joy and transform from seeking outside ourselves to an awakening of our deepest self. Using Joy Breaks Barriers unique workshop techniques, including laughter therapy, comedy improv, visualization and interplay, you will begin to remember who you truly are.

- Deepen your sense of joy in the moment
- Gain an enriched and enhanced sense of self
- Increase the ability to cope with stress and difficulty more effectively.

\$30 (WM)

\$33 (NM)

Minimum Registrants: 5

WM=Wainwright Member, NM=Non-Member

Monday, September 28

7:00 – 9:00pm

Mindfulness for the Family*with Dr. Paul Epstein, Naturopathic Physician*

Cultivate a family life and home filled with peace, contentment and love.

The practice of mindfulness supports healthy communication and cultivating a healthy relationship with oneself and others. This workshop is designed to encourage, support and deepen mindfulness practice for the whole family. It is a training of the mind and heart, learning how to deal with emotions, enhancing capacity for reflection, relationship and resilience in ourselves and our children to live with wisdom and compassion. In this workshop, you will:

- Learn the basics of mindful practice and teachings.
- Explore and explain key mindfulness concepts and practices for youth at various developmental stages.
- Explore the research and basics of neuroscience, neuroplasticity and contemplative education and contemplative medicine.

\$40 (WM)

\$44 (NM)

Minimum Registrants: 5

Friday November 20

6:30 – 8:00pm

What is Ayurvedic Medicine?*with Dr. Ed Danaher, Director of Panchakarma
Department of Ayurvedic Institute*

Have you heard about “Ayurvedic Medicine” and scratched your head?

Ayurvedic Medicine is one of the world’s oldest holistic healing systems originating over 5,000 years ago in India. Learn more about this ancient wisdom with an expert in the field, Ed Danaher, who is an internationally recognized practitioner of Ayurveda and associate of Dr. Vasant Lad for over 20 years.

Dr. Lad is a world renowned teacher, lecturer, author, and founder of the Ayurvedic Institute, Albuquerque, New Mexico.

\$30 (WM)

\$33 (NM)

Minimum Registrants: 5

MONTHLY FILM SERIES AND DISCUSSION WITH GRASSROOTS ENVIRONMENTAL EDUCATION

Suggested donation for Wainwright House \$5

Thursday, October 1

7:00 – 9:00pm

“Merchants of Doubt”

Inspired by the acclaimed book by Naomi Oreskes and Erik Conway, *Merchants of Doubt* takes audiences on a satirically comedic, yet illuminating ride into the heart of conjuring American spin. Filmmaker Robert Kenner lifts the curtain on a secretive group of highly charismatic, silver-tongued pundits-for-hire who present themselves in the media as scientific authorities – yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change.





Wednesday, October 28

7:00 – 9:00pm

“The Human Experiment”

The Human Experiment lifts the veil on the shocking reality that thousands of untested chemicals are in our everyday products, our homes and inside of us. Simultaneously, the prevalence of many diseases continues to rise. From Oscar® winner Sean Penn and Emmy® winning journalists Dana Nachman and Don Hardy, *The Human Experiment* tells the personal stories of people who believe their lives have been affected by chemicals and takes viewers to the front lines as activists go head-to-head with the powerful and well-funded chemical industry. These activists bring to light a corrupt system that’s been hidden from consumers...until now.



27

Thursday, November 12

7:00 – 9:00pm

Cowspiracy: The Sustainability Secret

Animal agriculture is the leading cause of deforestation, water consumption and pollution, is responsible for more greenhouse gases than the transportation industry, and is a primary driver of rainforest destruction, species extinction, habitat loss, topsoil erosion, ocean “dead zones,” and virtually every other environmental ill. Yet it goes on, almost entirely unchallenged.



Cowspiracy: The Sustainability Secret is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today – and investigates why the world’s leading environmental organizations are too afraid to talk about it.

Saturday, October 10

9:30am – 12:30pm

Nurture Nature: Awaken Your Connection with Rev. Dr. Lora Kim Joyner

As never before, humans feel disconnected from nature and the beings that co-inhabit the earth with us. In this highly experiential and engaging workshop, you will awaken to this connection, kindling a lifelong discovery of nature providing resources and resilience for living compassionately. In this workshop, you will:

- Gain awareness to care for other species and ecosystems.
- Learn how to build community and foster relationships.
- Learn, practice, and discuss concrete foundations drawn from science, psychology, communication theory and mindfulness practices.

Activities include: music videos, slide presentations, small group discussion, exercises, games, meditation, role-plays, and nature experiences.

\$55 (WM)

\$60 (NM)

Minimum Registrants: 10



ENVIRONMENTAL AWARENESS

WM=Wainwright Member, NM=Non-Member

Affinity Group are the heart & soul of WH community. All participants must be current Wainwright House members and agree to pay \$5 per meeting to help support Wainwright House.

Every Other Monday

7:15 – 9:15pm

Women in Conversation: Midlife and Beyond

Join women to learn and share stories and spiritual journeys. Meditation, visualization and facilitated dialoging creates a safe space for authentic being and self expression. *For more information, please contact Ellen at 203-918-3325.*

First and Third Monday

7:00 – 9:00pm

The Sound Shore Writers' Group

Fosters the development of local authors' work through honest, but constructive, criticism. Provides encouragement and inspiration and serves as a support network for writers at all stages of their writing journey. All genres are welcome. *For more information, please contact Maureen at m3g90@optonline.net.*

Tuesdays

7:00 – 8:30pm

A Course in Miracles Group

A complete self-study spiritual thought system based on universal spiritual themes. Meets to read and discuss the principles that make up the daily lessons, the Text, and the Manual for Teachers. All are welcome to join us in this gentle and relaxed setting of learners. *For information, please email acimgroup@yahoo.com*

Tuesdays

7:30 – 8:45pm

Meditation and Reiki Circle

The Wainwright House group may use Reiki or other forms of energy healing as it is a self-directed group. Circles start with 20-30min of silent meditation, generally with music and end in circle of healing.

If you have any questions, please contact David Bernstein at spiritw74@yahoo.com

First Wednesday of Each Month

7:00 – 9:00pm

The Mind & Spirit Book Club

Each month, explore ideas of consciousness and spirituality expressed through various authors. Enjoy lively, spirited discussion about how these ideas resonate with your self, our relationships, with others and our world.

For more information, please contact Darby at darbyndoug@optonline.net

Every Thursday

7:30 – 9:00pm

Community of Mindfulness Meditation Group: Quiet Harbor Sangha

Quiet Harbor Sangha is a community of practice in the tradition of Vietnamese Zen Master Thich Nhat Hanh, one of the best known and most respected Buddhist masters in the world. Beginners are welcome. *If you have any questions, please contact David Gritz at david.gritz@yahoo.com or Gregg Hill at greggststephenhill@yahoo.com*

ENERGY HEALING

PATTI CAPPARELLI

www.patticapparelli.com

PSYCHIC, MEDIUM*

JOAN CARRA

www.psychicjoancarra.com

REIKI & REFLEXOLOGY

ELAINE CIRILLO

www.mysticalroots.org

ASTROLOGY*

PAMELA CUCINELL

www.insighttoasis.com

EMOTIONAL FREEDOM TECHNIQUES (EFT)

EILEEN KARN

www.stamfordacupuncture.com

HYPNOSIS AND ACTIVE DREAMING

JANICE MATTURRO

www.theinnerworkshop.com

LICENSED MASSAGE THERAPIST

LOLA LEE

Call 917-559-4181

**For entertainment purposes only, as designated by New York State Law.*

Wainwright House
December 5 - 6
10:00 am - 4:00 pm
A Dickens of a Weekend



Family Entertainment & Holiday Marketplace

MEMBERSHIP

Levels

Senior/Student	\$35
Individual	\$65
Family	\$130
Donor	\$300
Sponsor	\$500
Patron	\$1,000
Benefactor	\$3,000
Grand Benefactor	\$5,000
Honored Benefactor	\$10,000+

Benefits

Senior/Student Level to Family Level:

10% discount on all classes and non-fundraising events.

10% discount for WH members on Rye-Y Classes in Wainwright Yoga Center.

Donor Level & Sponsor Level:

Same as Senior/Student, Individual and Family Level plus FREE annual Yoga & Movement.

Patron Level:

Same as Senior/Student to Sponsor level, plus 15% discount on all programs and non-fundraising events, 2 free tickets to Jazz Brunch

Benefactor Level:

Same as Senior/Student to Patron level, plus 4 free tickets to WH non-fundraising event

Grand Benefactor:

Same as Senior/Student to Benefactor level, plus free tickets to annual fundraiser.

Honored Benefactor:

Same as Senior/Student to Grand Benefactor plus Lobby Recognition Plaque & annual private event.

Registration

We require advance registration for all classes, even those that are free of charge. If the minimum enrollment number for a class is not reached, it may be cancelled. If you would like to attend a class, it is important to register no later than 2 days before the start date to avoid cancellation. Please register on-line on the individual class page, or call 914-967-6080.

Cancellations, Refunds & Withdrawals

Please read the following carefully as Wainwright House cannot make exceptions to its cancellation policy which applies to class tuition, meals and lodging.

- If a program does not meet the minimum number of registered participants, the program may be cancelled. Wainwright House will contact you to apply your payment towards a future class or refund payment in full.
- No refunds or credits will be offered if you register but do not attend, are late, or leave early from a program for which you have registered.
- If you contact Wainwright House to withdraw 7

days before program start date, Wainwright House will refund your payment minus a \$25 administrative fee. No refunds will be given for withdrawals 7 days or less before a class starts. Email registrar@wainwright.org or call 914-967-6080.

- Weather Cancellations: Wainwright House Programs will be postponed whenever the Rye City Schools are closed due to weather. Check ryeschools.org for inclement weather announcements.
-

Wainwright House Fall 2015 Closings!

Columbus Day • Veterans' Day • Thanksgiving • Winter Break
October 12 • November 11 • November 26&27 • Dec 24 – Jan 3

Wainwright House

260 Stuyvesant Avenue, Rye, NY 10580

www.wainwright.org

914-967-6080