

A close-up photograph of vibrant red leaves, likely from a plant like Japanese Spirea, with prominent white veins. The leaves are layered and fill the frame, creating a rich, textured background. Overlaid on the lower half of the image is white, serif text.

*WAINWRIGHT
HOUSE
WORKSHOPS &
CLASSES GUIDE
FALL 2016*

September

for more information and to register
call 914-967-6080 or
visit our website www.wainwright.org

15 (Thursday)

6:30-7:30pm

Mindfulness Foundational Course 6324

with Sangeeta Bansal, Ph.D.

Fall part 1 (4-weeks): Sep 15, 22, 29, Oct 6

Fall part2 (4-weeks): Oct 13, 20, 27, Nov 3

This course offers meditation and mindfulness techniques for all age groups. These skills can be learned and incorporated in your daily lives to improve focus, concentration, memory and mental agility. It also benefits those struggling with sleep or eating disorders, stress, anxiety, depression or addiction. Regular practice enhances emotional intelligence - a key success factor for business leadership. The 8-week course is split into two 4-week classes, Part 1 and Part 2 Part 1 is open to anyone. Part 2 is for those who have already been introduced to mindfulness or meditation (taking Part 1 or similar course through another organization)

PART 1: Mindfulness 101

The first 4 weeks will cover:

- How to build a meditation practice
- How to train attention
- The science behind mindfulness
- How mindfulness can help with physical pain and mental stress
- How mindfulness can lead to happiness and well-being

PART 2: Cultivating Compassion

The second 4 weeks will cover:

- What is compassion and why we should cultivate it
- Why is self compassion so important
- The science behind compassion cultivation
- How to build compassion
- How to widen the circle of compassion

Entire Course:

\$205 (WM); \$228 (NM)

Part 1 or 2:

\$108 (WM); \$120 (NM)

30 (Friday)

7:00-8:30pm

New Moon Gathering 6358

with Pamela Cucinell, NCGR Certified Astrologer

Upcoming Dates: Sunday, October 30 & Tuesday, November 29

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.

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

3 New Moon Package:

\$57 (WM); \$72 (NM)

WM= Wainwright member; NM= Non-member

October

5 (Wednesday)

7:00-9:30pm

Shamanic Dreaming: Journeying to the Animal Guardians 6359

with Janice Matturo, Certified Teacher of Active Dreaming

Shamans believe that we are born with a connection to a particular totem animal and that throughout our lifetime other animal guardians enter our lives to teach us how to heal ourselves, to give guidance, and to protect us. Over the course of a lifetime, we may form many animal connections. Some of these connections result from our deep relationships we form with our beloved pets. Perhaps, other animal connections result from our travels and the animals we meet along the way. And still other animal connections are the result of a big dream or spontaneous encounters in which an animal guardian came looking for us - in unexpected ways. By participating in Shamanic Dreaming, Journeying to the Animal Guardians, you will:

- Learn how shamans have worked with dreams across the ages
- Understand how Animal dreams can help us to heal and reclaim lost energy
- Experience a Shamanic group Journey to connect with your Animal Guardian
- Develop a specific action plan to feed and honor your Animal Guardian
- And have fun in the process

\$36 (WM); \$40 (NM)

6 (Thursday)

7:00-7:45pm

Natural Tones Meditation 6354

with John Martino

Every Thursdays, October 6 - December 15 (skip Nov 24)

Natural Tones is a simple and gentle meditation practice based on the sound theory of Nada Yoga: The Yoga of Sound. According to the ancient practice of sound healing, when an instrument such as the Tanpura is plucked, the harmonic overtones called micro tones, help bring about a John Martino shift in consciousness that promotes wellbeing and helps relieve stress. When our mind is at peace, the rest of the body will follow. Each session is a guided meditation with a gentle Eastern sound, that John personally performs on his Tanpura, to help you relax and feel great. You take with you a relaxing experience, joy, and peace of mind. Meditation is not practiced to escape the world or environment you live in. Meditation gently introduces us back into our fast paced life, so we can live in peace and harmony. It is recommended that you consult with your primary care physician to see if a meditation practice is a helpful choice to relieve the symptoms that cause stress.

10-weeks:

\$90 (WM); \$100 (NM); \$15 (Drop-in)

WM= Wainwright member; NM= Non-member

October

13 (Thursday)

Mindfulness Foundational Course 6324

with Sangeeta Bansal, Ph.D.

Part 2 Begins (4-weeks): Oct 13, 20, 27, Nov 3

See detail on September 15.

16 (Sunday)

1:00-4:00pm

The Mind Lab Thought Experiments 6355

with Joan Carra, Psychic & Medium

The great mystics speak of the Divine Mind and the Oneness of All, yet we are alienated and lost in our own perceptions and anxieties, often fighting against the will of the Universe. When we recognize ourselves as a Spirit, we can create life's events effortlessly. Meditate and power up your cosmic atoms into a dance of the existence you desire. In this workshop, you will study your mind's thoughts as you:

- Begin to understand how you react to them with feelings and realize that you create events and even illnesses because of your own belief systems;
- Work with your mind as a laboratory and experiment by directing thoughts in different areas of your brain, studying and moving phosphores, the tiny light circles behind your closed eyes, and sending in silence thoughts as vibrations, proving their affect with kinesiology.
- Analyze your thoughts and beliefs to create new ones with creative visualization, hypnotic suggestion and E.F.T.

You can change your thoughts and change your life.

\$55 (WM); \$60 (NM)

19 (Wednesday)

7:00-8:30pm

Cultivating Happiness 6325

with Rona Florio, Life Coach

4 - WEEK COURSE (Wednesdays): Oct 19, 26; Nov 2, 9

In this course, Life Coach Rona Florio will lead a discussion group on Cultivating Happiness. Participants will: • Learn about the latest research on the science of happiness, and more importantly, how to apply this information in their own lives.

- Uncover patterns of thinking that block them from experiencing a sense of joy,
- Gain tools and techniques to create and sustain greater peace and happiness, beginning now!

This workshop will inspire and empower attendees to cultivate happiness from within that is independent of their external circumstances.

WM= Wainwright member; NM= Non-member

Cultivating Happiness 6325 (Continue)

with Rona Florio, Life Coach

Course Outline

Week 1: The Science of Happiness

Week 2: The Power of Thought

Week 3: Conscious Living

Week 4: Tools for a Happier Life

Recommended for anyone trying to cultivate greater peace and happiness in their lives to become a more effective and empowered parent, business leader, community member, or human being. Also good for anyone going through transition, enduring a hardship or longing to find greater peace, purpose or meaning in their lives.

\$108 (WM); \$118 (NM)

23 (Sunday)

6:00-8:00pm

Change Your Perspective, Change Your Life 6352

with Sinda Anzovino, E-RYT, CATMT, CRH, CLC

This workshop will focus on changing perspective, thought and talk. What's this all about and why me? Am I happy?, Do I have everything I want out of life? Am I helping others in some way?, Do I enjoy being alone? Do I love my job? Am I free of grief or trauma? Am I free from needing to feel in control of things all the time? Have I made peace with the past?, Do I feel secure about my future? Am I living my life to the fullest right now?

If you answered "NO" to any of these questions, then this workshop is meant for you!

In this workshop, you will discover the connection to your inner guide with a breakdown of your Anja Chakra (the intuitive chakra), its properties and how to use it to help manifest positive change to bring awareness to the energy around you and how the Universe has your back! Receive positive psychology, affirmations and the power of intention, guided meditation & breath work in a restorative yoga pose or two, 2 gratitude exercises, and Vision Board outlining. Engage with a Q & A, story sharing and closing with a Reiki Energy Healing Circle.

\$40 (WM); \$45 (NM)}

30 (Sunday)

7:00-8:30pm

New Moon Gathering 6358

with Pamela Cucinell, NCGR Certified Astrologer

Upcoming Dates: Tuesday, November 29

See detail on September 30.

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November

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5 (Saturday)

1:00-4:00pm

Eternal Life and A Course in Miracles 6351

with Jon Mundy, Ph.D.

Perhaps the most glaring fact about this thing we call bodily life is that it ends. Indeed, as we age, we think all the more about mortality, knowing that our bodily life is headed progressively toward its end. There have been several good books of late about near death experiences including *Proof of Heaven* by Eben Alexander, M.D. and *Dying to be Me* by Anita Moorjan. This afternoon's workshop will take a look at these works and my own death experience 1976, all in light of the teaching of *A Course in Miracles* and what it has to tell us about Heaven.

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\$45 (WM); \$48 (NM)

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29 (Tuesday)

7:00-8:30pm

New Moon Gathering 6358

with Pamela Cucinell, NCGR Certified Astrologer

See detail on September 30.

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Instructor Bios

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Sangeeta Bansal Ph.D.

Sangeeta Bansal Ph.D. is the founder of Rooted Minds, an organization dedicated to bringing enhanced levels of self-awareness within the educational and business community through the practice of mindfulness and meditation. She has taught for the last three years at various institutions such as Hong Kong International School and Princeton University, and is a Guest Speaker at Columbia Business School. In 2016 she is scheduled to offer workshops at the Stern School of Business and Rye Country Day School. She volunteers her time teaching mindfulness to an under-privileged charter school in Stamford, CT, in addition to teaching several private groups and individuals with specific needs. Sangeeta is certified as a Mindfulness Teacher from .b in Oxford (UK) and KORU, offered through the University of California in San Diego (School of Medicine). In addition, Sangeeta has completed courses and workshops in the Mindfulness in Education Program at Omega Institute, (Rhinebeck, NY), the Mindfulness for Health Professionals in Hong Kong offered by Thich Nhat Hanh, Mindfulness Based Stress Reduction (MBSR) offered through University of Massachusetts, and the Search Inside Yourself Program, a mindfulness based program created by Google for leadership development.

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Pamela Cucinell

Pamela Cucinell is a prize-winning speaker and a member of the National Council of Geocosmic Research (NCGR), the International Society of Astrological Research (ISAR) and the Association of Astrological Networkers (AFAN). She holds NCGR PAA certification for consulting. Pamela is a 7th generation Reiki Master of the Usui System of Natural Healing with lineage linked to Hawayo Takata. Pamela is Wainwright House's resident astrologer.

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Janice Matturro

Janice is a Certified Consulting Hypnotist/Hypnosis Instructor, and Certified Teacher of Active Dreaming. She is dedicated to helping individuals grow and succeed, offering a variety of self-directed motivational and success strategies that support your efforts to achieve your heart's desires, whatever they may be. Ms. Matturro is the owner of The Inner Workshop, LLC, specializing in creative solutions for personal success through the art and science of Hypnotism and Active Dreaming - for both adults and children. Janice is an NGH Certified Consulting Hypnotist, since 1994, holding numerous certifications in hypnosis, including certification as an NGH Certified Instructor. She has studied extensively with pioneering scientists and physicians, scholars and educators, religious and cultural leaders in the field of human consciousness, such as Rabbi Joseph Gelberman, Dr. Raymond Moody, Dr. Masaru Emoto, Maria Gomori, Dr. Rupert Sheldrake, Dr. Bruce Lipton, Robert Moss. www.theinnerworkshop.com

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John Martino

John Martino is a healing arts practitioner. His Journey began in 2003 when a devastating heart attack almost took his life. After a year of heart stress and depression, John decided to look into alternative healing methods. Having been a weekend musician before his heart attack, and having been an admirer of the Beatles and Ravi Shankar, John discovered the Yoga of Sound for healing and meditation. John then studied with Daisy Paradis - a disciple of Ali Akbar Khan, Indrajit Bannerjee, as well as Roop Verma all world renown Sitar Masters and Nada yoga teachers. John then volunteered his service to Montefiore Hospital. Providing the patients and staff as well as Montefiore's medical students with his talents in relieving stress and promoting wellbeing. John received a certificate of recognition from the medical community at Montefiore Hospital and later adopted a name for his practice called Natural Tones Meditation. John also practiced his Natural Tones Meditation for Burke Rehabilitation Hospital, Beth Abraham Health Services - now called Center Light Health System, Pelham Bay and Throgs Neck nursing homes as well as his private and group practices.

Instructor Bios

Joan Carra, Psychic & Medium

Joan is a clairvoyant that draws on her own psychic powers to give accurate and in-depth counseling. She provides guidance on personal and business issues. Joan Carra is also a medium and can successfully contact 'passed on' loved ones, creating closure by delivering messages from the other side. Joan is recognized in six books including; *The Rational Psychic*, *The 100 Top Psychics in America* (first edition) *Psychic N.Y.* and *Interdimensional Universe*. Joan has been interviewed by the *Daily News*, *The Wall Street Journal*, *The Greenwich Times*, *Stamford Advocate* and recently, an in-depth article in *Westchester's WAG Magazine*. www.psychicjoancarra.net

Rona Florio, Life Coach

Rona is a Certified Professional Coach with the Institute for Professional Excellence in Coaching (IPEEC). After eighteen successful years in high technology, sales, Rona pursued her dream of using her love and lifelong study of personal growth, human potential, spirituality and positive psychology to help others. Today, Rona helps clients learn the skill of cultivating happiness from within and use that happiness and renewed energy as the springboard to achieve what matters most to them. She feels blessed to be able to coach, speak, and conduct workshops on "Cultivating Happiness" to shift people's perspective of what's possible! www.lifecoachrona.com

Sinda Anzovino

Sinda Anzovino began teaching Vinyasa Yoga in 2000. She has a dedicated daily Ashtanga practice which has been a part of her routine for the past 2 1/2 years. Breaking poses down to be accessible to all have earned her a following for the past 15 years and won her "Best Yoga Teacher" from *Westchester Magazine* 2013-2015. Certifications include prenatal yoga, kids yoga, postnatal yoga Advanced Thai Yoga Massage Therapy, Reiki 1, and yoga for kids with special needs. She designed her own 200-hour Vinyasa Yoga Teacher Training Program called "Yoga Journey, RYS". She also designed and ran teacher training programs for Kids Yoga, Prenatal Yoga, Toddler & Me Yoga and Mommy & Me Yoga. In 2016, Sinda received her Life Coaching Certification from Gabby Bernstein and offers private and small group sessions in a motivational speaker at various locations. Sinda teaches extensively throughOut Westchester and CT, is published in *ElephantJournal.com*; *Yogar:wnymous.com* and print issue of *Bella NYC Magazine*

Jon Mundy, Ph.D.

Dr. Jon Mundy is an author, lecturer, the publisher of *Miracles* magazine and the Executive Director of All Faiths Seminary International in NYC. He taught courses in Philosophy from 1967 to 2008 at the New School University and SUNY. The author of 10 books, his newest book *Eternal Life and A Course in Miracles* is published by Barnes and Nobel. His previous book *Living A Course in Miracles* has become a best-seller and now exists in 8 languages. Jon met Dr. Helen Schucman the scribe of *A Course in Miracles* in 1973. Helen introduced Jon to the Course and served as his counselor until she became ill in 1980.

OTHER PROGRAMS & OUTREACH

Autumnal Equinox Celebration Sunday, September 25 5:30–7:30pm

Paws on Pillows Sundays, Sep 18, Oct 30, Nov 13, Dec 4, 25 10:30am–1:30pm

Winter Solstice Celebration Sunday, December 18 5:30–7:30pm

For more information, please go to our website: wainwright.org

Photos were taken
by Jack Kong

**Wainwright
House**

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