



Health & Wellness



Creativity



Class Guide  
Late Spring/Summer  
2015

Yoga, Movement & Meditation



Spiritual Exploration



Environmental Awareness



# *Wainwright House*

Holistic Center Since 1951

A CENTER FOR SPIRITUAL EXPLORATION · HEALTH & WELLNESS  
CREATIVITY · ENVIRONMENTAL AWARENESS

# AUTHOR'S SERIES

## LIVE AND LET LIVE: HOW MULTIDIMENSIONAL COLLABORATION HEALS ECOSYSTEMS

with Co-Authors, DR. JIM CONROY AND MS. BASIA ALEXANDER

Authors Dr. Jim Conroy and Ms. Basia Alexander offer an outside-the-box solution to ecosystem degradation. Learn how people can collaborate with all living beings to restore ecological health, foster dynamic balance, and renew hope for a livable world. Feel greater love and connection with Nature and understand humanity's challenge: thrive sustainability while in partnership with Nature. Breakthroughs galvanize people to live healthy, secure, prosperous lives as enlightened stewards of Earth. Dr. Conroy and Ms. Alexander are expert Nature Communicators™ and visionaries in the new career field of Cooperative BioBalance®. They have written 6 books and teach workshops.

### LECTURE & BOOK-SIGNING

Tuesday, May 12 • 7:00pm-8:30pm \$25 (WH Members); \$28 (Non-Members)  
Price includes book.

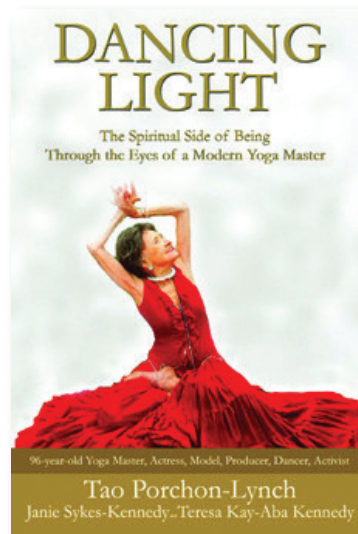
## DANCING LIGHT: THE SPIRITUAL SIDE OF BEING THROUGH THE EYES OF A MODERN YOGA MASTER

with TAO PORCHON-LYNCH (96-year-old)

Conversation and Meditation with Tao Porchon-Lynch. Be enthralled by 96-year-old Tao's mantra: There Is Nothing You Cannot Do. Millions across the globe have been inspired by 96-year-old Tao Porchon-Lynch – World War II French Resistance fighter, model, actress, film producer, wine connoisseur, competitive ballroom dancer, and yoga master. In 2012, she was named "Oldest Yoga Teacher" by Guinness World Records. Tao's new book, Dancing Light: The Spiritual Side of Being Through the Eyes of a Modern Yoga Master is an inspirational memoir that shows us what is possible – that we each can live to our Highest Potential by inhaling life, exhaling strife and dancing to our own rhythm.

### LECTURE & BOOK-SIGNING

Tuesday June 16 • 10:30am to Noon  
\$15 Lecture (no book); \$45 includes book  
(WH Member & Non-Member)  
Pre-order book at <http://www.powerlivingmedia.com/>



## LET THERE BE LIGHT EXPERIENCING INNER LIGHT ACROSS THE WORLD'S SACRED TRADITIONS

with Co-Authors ARTHUR STEIN AND ANDREW VIDICH

According to authors Arthur Stein and Andrew Vidich, each of us has unlimited spiritual potential and if we truly recognized how great our spiritual inheritance is, we would be dancing with joy and delight. In this talk and discussion, participants will learn a science of inner transformation using the great fountain head of Light pouring down upon us. God can be experienced as a great ocean of infinite Light and we the drops in that ineffable ocean. Come and join us for an evening of spiritual inquiry and realization that this Light is available to all who seek it with humility and grace.

Lecture & Book-Signing Thursday, July 16 • 6:30-8:00pm  
\$25 (WH Members); \$28 (Non-Members) Price includes book.



## Wainwright House Yoga Training Academy

Yoga Teacher Training



### 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"

### Summer Teacher Trainings

**Yin Yoga with Corina Benner**

July 31, August 1 and 2

\$500. Member; \$550. Non-member

**Prenatal Yoga with Sue Elkind**

August 13, 14, 15, and 16

\$600. Member; \$650. Non-member

### Coming Soon—Weekend RYS 200 Training

Call 914.967.6080 for details

RYS 200 Level 2-Week Yoga Immersion Retreat with Robin Appel

RYS 200 Traditional 4-Week Intensive Course with Bernadette Birney

### 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

**ACHIEVE** Yoga Alliance Certification for all courses at the Wainwright House Yoga Training Academy

# SAVE THE DATES

Thursday April 30, 7:30 to 9:30pm

## LAUGHTER FOR THE SOUL

*Our Third Uproarious year!*

Join us in the Library, once again, for a good dose of healthy laughter. Popular comedians, Moody McCarthy and Andy Pitz, both frequent visitors on Letterman, Comic Strip Live, and regulars at New York's best comedy clubs, will bring out the comic side of all of us. A no hassle NYC night in RYE.

Seating limited. Performance preceded by short reception.  
\$38 (WH Members), \$42 (Non-Members)

Saturday, May 9, 9:30am to 11:30am

## WAKE UP! AND DREAM BREAKFAST

The Nine Powers of Dreaming of the Rich and Famous. The most successful, creative, and innovative people of our time and across history know the secret powers of dreams: Dreams have real effects in the world. Wake UP! and join us to learn how the rich and famous have employed their dreams to change the course of History, Medicine, Music, Cinema, Literature, Science, and so much more. . . Gain insight and guidance on the meaning of your dreams, and have FUN in the process, making new friends, sharing dreams over a light breakfast!

FREE to the PUBLIC

Tuesday, May 19, 12:00pm - 2:30pm

## ANNUAL SPRING AWAKENING LUNCHEON

Presenting the Fonrose Wainwright Condit "Heart & Soul Award"

*Honorees:*

HELPING HANDS FOR THE HOMELESS & HUNGRY, INC.,  
ROBERT GIAQUINTO OF RYE BEACH PHARMACY, AND  
RYE SUSTAINABILITY COMMITTEE.

Join us for our annual "Spring Awakening" luncheon continuing the legacy Fonrose Wainwright Condit with the "Heart and Soul Award". This Award honors members in the area who exemplify "the advancement of human potential, and serve humankind through spiritual, philosophical and ecological paths." Enjoy a light buffet, honor our recipients, and stroll the grounds for a delightful spring afternoon.

\$75 per person. Luncheon by Corner Stone of Rye

Friday, May 22, Lecture 8:30pm, Viewing 9:15pm.

## STARS OVER THE HARBOR

Wainwright House is honored, once again, to partner with Westchester Amateur Astronomers, Inc. for an exciting evening of community outreach. Enjoy a lecture & star-gazing with the whole family. Last year we viewed the rings around Saturn, double stars, and galaxies. This year President of WAA, Dr. Faltz, will enlighten us with information about the Rosetta mission plus many other great insights about our universe.

FREE Community Event

Thursday, May 28, 7:30 Reception, 8 to 9:00pm Performance

## A CLASSICAL EVENING

Italian mandolin virtuoso Carlo Aonzo and Cuban guitarist René Izquierdo will perform a program from composers spanning the classical to modern eras of music. Aonzo and Izquierdo are world renowned for performing and recording mandolin and guitar compositions. Performance preceded by short reception.  
\$25 (WH Member), \$30 (Non-Member)

Sunday, May 31, 11:30am and again at 1:30pm

## CELEBRATION OF LIFE: MEMORIAL BUTTERFLY RELEASE

Join Hospice and Palliative Care of Westchester at Wainwright House for the 5th Annual Butterfly Release. Two releases will occur; the morning release will take place at 11:30am and afternoon release will take place at 1:30pm. Both events include music, a memorial ceremony, reading of names and a mass butterfly release. Family friendly. Advanced purchased only at Hospice.

Call HPCW at 914-682-1484 Ext. 166 for more information.

Thursday, June 18, 7:30 Reception, 8:00 to 9:30pm Performance

## JAZZ with KAZZIE JAXSEN

Quartet in "Quaternity" on New Artist Records, with Charley Krachy on tenor sax, Don Messina, double bass & Bill Chatten, on drums. "Sometimes virtuosic players merge into the thing they were clearly born for." Helena Clare Pittman, jazz listener, October 2012. Join us at Wainwright House for "a hip quartet, artsy and atmospheric jazz at its best. I want more!" (George Harris, Jazz Weekly, January 2015)

Tickets: \$28 (WH Members), \$32 (Non-Members)

Sunday, June 21, \* 6:30 to 8:30pm

## SUMMER SOLSTICE CEREMONY

Honor Mother Earth and Grandmother/Grandfather Fire at this sacred time of the light. The summer solstice is an auspicious time and opportunity to release your limitations as well as to create and invite new dreams to manifest. Enhance your personal growth and happiness while embracing community wellbeing. Feel free to bring your own drum or other instruments. Facilitated by Leigh Reeves, MBA and music by Rebecca Kane, MFA, LCSW-R  
Suggested Donation \$5



# CREATIVITY

"The human race has only one really effective weapon and that is laughter."

MARK TWAIN



## SOUL VISION: DISCOVER YOUR PURPOSE & REMOVE LIMITATIONS THROUGH ART (WORKSHOP SERIES PART 2)

with LINDA RICHICHI, *International & National Award Winning Artist*

All-Day Workshops (30min lunch break. Bring your lunch.)

Workshop #1: Release Your Creative Potential!

Sunday, May 3 • 10:00am-4:30pm

Workshop #2: Create An Evolving Work of Art That Transforms You! -

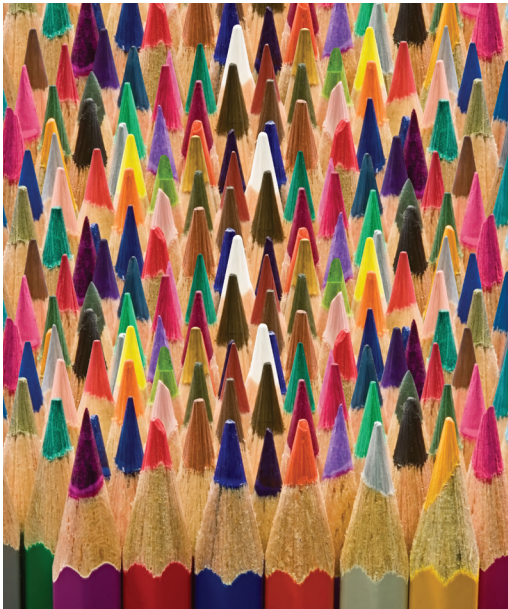
Saturday, August 1 • 10:00am-4:30pm

Break through major blocks that keep you stressed, broke or unhappy! New exercises at each workshop to access your own inner wisdom and raise your consciousness. All participants receive a free intuitive 'Soul Portrait sketch' from Linda Richichi. Each class begins with a guided meditation to access your inner muse. (First time? You can take Part 2 before Part 1).

- Beginner to advanced tips to take your art to a new level.
- Develop intuitive skills that assist you in moving past fear, worry and doubt.
- Leave each class with an empowering vision of art that will serve as a daily reminder of who you truly are.
- Expand your vision, belief and confidence with each new collage or expressive drawing.

Special Notes: Additional \$10 charge for art supplies payable directly to the instructor on the day of workshop. Linda needs your full name and/or photograph to prepare your soul portrait sketch. Send your name & photo directly to Linda Richichi at [linda@lindarichichi.com](mailto:linda@lindarichichi.com) after you register with Wainwright House.

Each workshop:  
\$110 (WH Member);  
\$120 (Non-Member)  
Min registrants 4; Max 12



## THE ARTIST'S WAY - PART 2 with VALLERIE HUYGHUE

Workshop covers Chapters 7-12

6-Week Series on Tuesdays • 7:00-8:30pm

May 5, 12, 19, 26, June 2, 9

The Artist's Way workshop is 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 Artists credentials required. We will continue our weekly practice of focusing on our creativity using The Artist's Way workbook by Julia Cameron. We will complete the weekly assignments in Chapters 7-12 and discuss the readings. Participants are encouraged to keep a journal during the workshop to record their progress and to keep track of assignments. Morning pages (daily writing assignments) are encouraged and weekly Artist's Dates will be discussed. No prior writing experience is required. Requirements: All Participants must bring a copy of The Artist's Way Workbook by Julia Cameron to each session.

**\*\*Note:** We are working on **Weeks 7-12** this session. Anyone who has completed Chapters 1-6 on their own or in another group is welcome to join us. If you are interested, sign up and the instructor will interview you prior to the start of this session to make sure you are familiar with the format. Please read Chapter Seven and be prepared to discuss at the first session on Tuesday, May 5th. All are welcome.

\$125 (WH Member); \$138 (Non-Member)

Min Registrants: 4; Max Registrants: 12

## MOTHER-DAUGHTER YOGA AND CREATIVITY

Saturday, May 9 • 1:00-4:00pm

[see details under Yoga, Movement & Meditation]

## WRITING FOR LAUGHS WORKSHOP

with MAUREEN AMATURO, *MFA Creative Writing & Founder Sound Shore Writers Group*

4-Week Series • Fridays • 10:00am-12:00pm

May 29, June 5, 12, 19

Humor writing is the art of using words to create laughs. Whether you are interested in writing comedy, tickling your fiction, or just helping your brain see the funny side of life, this class will teach you how. Use humor for punchier writing, wittier creativity, and to develop a more amusing outlook on any situation. We'll write in-class exercises that will explore the various elements of humor writing. After all, laughter is the best medicine.

\$120 (WH Member); \$132 (Non-Member) Min registrants: 4

## WRITING TO EVOLVE

with POLLY MEMHARD, *Certified Teacher of Proprioceptive Writing, co-author of The Rest of My Life*

4-Week Series • Tuesdays • 10:00am – 12:30pm  
June 2, 9, 16, 23

This meditative writing practice combines creative inquiry with positive group dialogue. Using candles and a background of baroque music, we listen to ourselves think and write what we hear for 20+ minutes, opening the doors of the mind to imagination, memories, and feelings. Participants discover and express the truth of their perceptions with simplicity and strength. The 'Writes' are then read aloud to gain further insights which may be liberating and helpful in evolving. Recommended reading: *Writing the Mind Alive* by Linda Trichter Metcalf and Tobin Simon. Available through Amazon.com.

\$150 (WH Member); \$165 (Non-Member); \$38 (One-Time Audit)  
Min registrants: 4

## EXPRESS YOUR INNER SOUL THROUGH MIXED MEDIA

with KAREN SIEGEL, *B.A. Fine Arts / Education*

4-week series • Wednesdays • 10:00am – 12:00pm June 3, 10, 17, 24

Every week, explore a different approach in art using oil sticks, watercolor, soft pastel, collage and more. The moment the brush touches the canvas, one springs into dynamic relationship with self. The practice of painting and drawing awakens your creativity and connects you to your essence. Use various media to form line, shape and color for expressing your vision! Supplies included.

\$145 (WH Member); \$160 (Non-Member) Min registrants: 4

## DREAMING IN MUSIC

with KAZZRIE JAXEN, *Professional Pianist & Energy Healer*

FREE INTRO CLASS Monday, June 1 • 7:00pm - 8:00pm

Workshop Saturday, June 6 • 2:00pm - 4:30pm

Using the Piano, Dreaming in Music creator Kazzrie Jaxen, can fill you with a sense of peace and inner harmony from which to meet life's daily challenges. It can also inspire creativity, evoke images and emotions and enable you to transcend the mundane in order to experience higher states of consciousness. The workshop is broken into 4 parts:

- Intention: Water will hold the vibration of your intention throughout the session
- Immersion: Laying close to the piano, you tune into the energy the music and begin your journey. The water holds the vibration.
- Reflection: You create a visual expression of your experience using crayons and paper.
- Resonance: You share the experience, drink the elixir of vibrational changed water, and choose a photograph of Nature that resonates with what you've experienced.

\$35 (WH Member); \$38 (Non-Member) Min registrants: 5

# CREATIVITY

## COUPLES YOGA AND ART WORKSHOP

Saturday, June 6 • 1:00-4:00pm

[see details under Yoga, Movement & Meditation]

## MANDALA WORKSHOP: MOVING TOWARDS WHOLENESS

with DOREEN GROZINGER, *Art Teacher and Owner Art Gallery & Studio, Room to Create*

Sunday, June 28 • 1:00pm-4:00pm

Create and bring home your own mandala.

Mandala, meaning sacred circle, is used as a tool for meditation and healing. Creating mandalas offers time for stillness and quieting our minds in order to listen to our Inner Self. After a short guided meditation, you will set your intention. Then, using various tools, intuitively create your unique and personal design. Discover the meaning of symbols, how to divide your circles, patterns and choose your colors. Acrylic paint will be used, so dress accordingly or bring a smock. Materials included.

\$55 (WH Member); \$60 (Non-Member) Min registrants: 4



## FEELING NATURE THROUGH PLEIN AIR PAINTING

with LINDA RICHICHI, *National & International Award Winning Artist*

All-Day Workshop

Sunday, August 9 • 9:00am-4:30pm (30min lunch break. Bring your lunch.)

Be challenged to create, in paint, what you see and feel in nature. Watch a quick study demo and two PowerPoint step-by-step lessons. Paint outdoors (weather permitting). An experience with synesthesia (hearing color) heightened Linda's sensibility to color and transformed the way she teaches you to see, feel and use color when creating art. Oil, pastel or acrylic. Beginners to advanced welcome.

- Learn to make stronger compositions
- Understand how to make good value and color choices
- Add life to your work by experiencing the energy.

Special Note: Supplies are not included, email artist for supply list at [linda@lindarichichi.com](mailto:linda@lindarichichi.com)



\$150 (WH Member); \$165 (Non-Member) Min registrants: 4; Max registrants 15

Linda Richichi is a Signature Member of the International Plein Air Painters and earned a "Best of Show" at a world-wide paintout in Canada. Her work is found in public and private collections around the globe.



# CREATIVITY

## WE SING FOR THE WORLD SUMMER MINI-CAMPS FOR CHILDREN AND TEENAGERS!

with DANIELLE HAGER, *Broadway Actress & Founder of We Sing for the World*

### A KINGDOM OF A CAMP! (AGES 6-9)

Monday – Friday, August 17 – 21 • Daily 9:00am-12:00pm

No experience is needed! We Sing For The World's princess-themed camp is a special music and art program designed for young performers; ages 6 to 9. This program will incorporate all things "princesses and princes" into these fun-filled mornings of music, dance and art. Daily activities will begin with a music class, movement and much more! With the help of We Sing For The World's royal staff the princesses and princes will also learn to make their own crowns, activity books and will enjoy royalty-themed movies during their snack break. The last day of Camp will conclude with a short presentation and an official crowning ceremony.

\$245 (WH Member); \$298 (Non-Member)  
Min registrants: 6



### BROADWAY! THE 16 BAR CUT (AGES 10-13)

Monday – Friday, August 17- 21 • Daily 1:00pm-4:00pm

Performers will learn essential audition tools and techniques. We will learn how to choose the correct 16-32 bar cut to present the best audition ever! Performers will get the opportunity to work with a professional Music Director and participate in Master classes presented by Broadway performers. On the last day of camp, there will be a showcase performance where singers will be able to perform in front of an audience.

\$245 (WH Member); \$298 (Non-Member) Min registrants: 6



# SPIRITUAL EXPLORATION

## MAKING USE OF MEANINGFUL COINCIDENCES (SYNCHRONICITIES) with GIBBS WILLIAMS, PHD

Saturday, May 2, 2015 • 9:30-4:00pm

Receive a well-rounded, educational lecture from Dr. Williams to help understand the nature and uses of coincidences and how they can enhance your life by uncoding their deeper meaning. Dr. Williams is on the cutting edge of this topic integrating diverse fields of study including speculative philosophy, depth psychology, spirituality, esoteric and science. Morning is lecture, break for lunch, afternoon is application. Take away a refreshed and increased meaningful way of living.

Note: Bring paper, writing utensil and a bag lunch. Lunch break 12-1pm. Prior to class, make a list of coincidences you recall and bring with you for discussion.

\$115 (WH Member); \$125 (Non-Member) Min registrants: 8

## LABYRINTH MONTHLY WALKS: EXPERIENCING GOD IN THE CENTER

Monthly kick-off date: Sunday, May 3 • 12:30-2:00pm

1st Sunday of every month • 12:30-2:00pm

May 3, June 7, July 5, Aug 2

Join us the first Sunday of each warm weather month, May - August, for a gathering to discuss the spiritual aspects of the labyrinth and to experience a walk around our labyrinth located on the picturesque banks of the Wainwright House property with views of Milton Harbor.

To begin the series, join us on Sunday, May 3, when Rev. Canon Susan Harriss, Rector of Christ's Church, Rye will share teachings about the use of the labyrinth. Her inspiration is the Chartres Labyrinth, in Chartres France where she and her husband spent a week last year as part of a group from the International Labyrinth Society. Though the outdoor herbal labyrinth at Wainwright is smaller in scale, (a 7-circuit labyrinth), the labyrinth form makes it a special place of spiritual exploration and meditation.

\$5.00 suggested donation





## SPIRITUAL EXPLORATION

### MEDICINE WHEEL TEACHINGS: AN EDUCATION IN NATIVE AMERICAN WAYS

*Facilitated by SUSAN WRIGHT, LMT, LCSW-R,*

*Taught by EVAN PRITCHARD, Professor of Native American Studies*

Enjoy a series of Medicine Wheel teachings and learn to work ceremonially within the wheel.

### TALKING WITH MOTHER EARTH: THE FOUNDATION OF THE MEDICINE WHEEL

Saturday, May 9, 2015

Workshop #1: Who is Mother Earth? • 3:30pm - 5:30pm

Workshop #2: Ways of Communicating to Earth Mother • 6:00pm - 8:00pm

In this workshop we will use journeying techniques to open ourselves to communication with the living spirit of Mother Earth (Gaia) to help us better understand the true nature of the Medicine Wheel Teachings as the Circle of Life itself.

Each workshop: \$35 (WH Member); \$40 (Non-Member)

Both workshops: \$60 (WH Member); \$70 (Non-Member)

### THE SPIRIT OF THE LAND: UNDERSTANDING THE MEDICINE WHEEL IN MULTIPLE DIMENSIONS

Sunday, June 7, 2015

Workshop #1: What is the Medicine Wheel? • 1:00pm - 3:00pm

Workshop #2: Exploring the Many Levels of Medicine Wheel • 3:30pm - 5:30pm

In this workshop Evan will discuss the Medicine Wheel of the Four Elements (Fire, Air, Water, Earth) extended starwards through twelve planes of existence, earthwards into the underworld, or "Inner Earth," and through the four levels of guardianship in nature: Landkeepers, Maysingwes, Elementals, and Manitous, in each of the four directions.

Each workshop: \$35 (WH Member); \$40 (Non-Member)

Both workshops: \$60 (WH Member); \$70 (Non-Member)

### TALKING WITH FATHER SKY: THE ROLE OF THE DIVINE MASCULINE IN THE MEDICINE WHEEL TEACHINGS

Sunday, July 12, 2015

Workshop #1: Who is Father Sky? • 1:00pm - 3:00pm

Workshop #2: Exploring the Sacred Masculine • 3:30pm - 5:30pm

In this workshop we will discuss the solar deity in Algonquin spirituality, also the divine masculine and the forms it takes in each of the four directions. We will also discuss the angelic "messenger" role of birds in the skywards direction of the Medicine Wheel. We will also discuss Grandmother Moon, and also Kitchi-Mamus, the Shapeshifting Boy in the Moon.

Each workshop: \$35 (WH Member); \$40 (Non-Member)

Both workshops: \$60 (WH Member); \$70 (Non-Member)

### HEALING WITH THE MEDICINE WHEEL: USING THE TEACHINGS OF THE DIRECTIONS AS A THERAPEUTIC TOOL

Sunday, August 2, 2015

Workshop #1: The Red Road—The Path of Balance & Harmony • 1:00pm-3:00pm

Workshop #2: Drawing Your Own Personal Wheel • 3:30pm-5:30pm

In this workshop, we will use the "Medicine Wheel" model of the universe to help bring our lives into balance and harmony. This model is one of cosmos, not chaos, of order and harmony, not discord. In the furriness of things we find enlightenment, in the Taoistic Red Road Path towards Wholeness. We will draw our own personal wheel as a form of visible prayer, making songs and chants, and share them with others.

Each workshop: \$35 (WH Member); \$40 (Non-Member)

Both workshops: \$60 (WH Member); \$70 (Non-Member)

### NEW MOON GATHERINGS

*with PAMELA CUCINELL,  
NCGR Certified Astrologer*

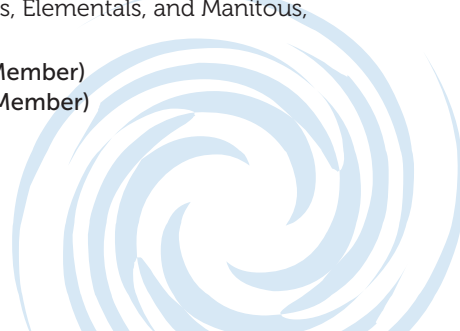
Gather for lunar ceremonies, weaving together mythological stories, color, sound, guided meditation and creativity. Focus on your goals and carefully seed your potential within a nurturing community.

Monthly: May 17, June 15,

July 15, August 13 7:00-8:30pm

\$20 (WH Member);

\$25 (Non-Member)



# SPIRITUAL EXPLORATION



## INTRODUCTION TO THE WORKINGS OF THE SACRED SOUL

with **ROBIN C. MUELLER**, *Intuitive Medium, Channel and Teacher*

2.5 hour Workshop Sunday, May 17 • 1:00-3:30pm

Robin will show students how to embrace the Sacred Soul within and expand the highest parts of the mental and emotional selves into thoughts and feeling of peace, happiness and comfort. She will visually show the cause and effect of what happens in life both at a physical and soul level. An explanation of how patterns not only shape life but also dictate life's direction will also be discussed. The Ego and Personality have lower mental and emotional thought forms which cause a deep separation from self and soul. Awakening of the Sacred Soul within will be given via a spiritual attunement.

\$50 (WH Member); \$55 (Non-Member) Min registrants 5



## ASTROLOGY: LANGUAGE IMMERSION

with **PAMELA CUCINELL**, *NCGR Certified Astrologer*

4-Part Series (meets bi-weekly) on Tuesdays • 7:15-8:45pm

Dates: June 2, 16, 30, July 14

In this series Pamela Cucinell facilitates learning the language of astrology and deciphering horoscopes. The best way to learn a language is to speak it regularly.

To study a horoscope with Pamela as your expert guide is an effective way to become fluent in the symbols of astrology. Each class starts with focus on a newsworthy horoscope. The second half of the class is dedicated to one volunteer's horoscope. If you attend regularly and do the extracurricular reading, your knowledge of astrology will grow exponentially. In between classes, attendees dialog with one another and Pamela on a dedicated Facebook page.

**IMPORTANT:** You must register with your birthdate, time and place of birth, to receive a printout of your unique horoscope.

\$125 (WH Member); \$138 (Non-Member)

\$30 (One-Time Audit) Audits must call 914-967-6080 to register.

## DEVELOP YOUR INTUITION ON A PSYCHIC LEVEL

with **JOAN CARRA**, *Spiritual Counselor, Psychic and Medium*

4-Part Class Series on Tuesdays • 7:00-8:30pm (Take one class or all four)

Dates: June 2, 9, 16, 23

Do you sense things before they happen? Do you want to enhance your intuitive abilities? During this four week series, get acquainted with your intuitive side as you learn and develop your psychic abilities. Take one class or the entire series.

- Class #1: June 2 - Third Eye Opening: Exercises to open up your inner ear and eye and as well as sensitized your hands to hear, see and feel subtle vibrations.
- Class #2: June 9 - Automatic Writing: In a guided relaxed state, you can access messages from spirit. Prior students have written in foreign languages, shorthand and even received messages from the deceased.
- Class #3: June 16 - Numerology: Based on the ancient teachings of the Kabbalah, numerology gives meaning to your name and birthday as well as the timing of life cycles.
- Class #4: June 23 - Palmistry: The patterns on your palm is the map of how you think, feel and create. By learning to interpret these lines you can better understand yourself and your friends.

One class price: \$28 (WH Member); \$30 (Non-Member)

4-week class series: \$108 (WH Member); \$118 (Non-Member) Min registrants 4-6

## DREAMING WITH THE DEPARTED

with **JANICE MATTURRO**, *Certified Intuitive Consultant & Dream Teacher*

3-hour workshop Sunday, June 14 • 10:00AM – 1:00PM

Have you ever dreamed of a departed loved one and had the experience feel completely real? Yet, you may have wondered "Did my departed loved one actually come to visit me, or is it only wishful thinking?" Encounters with departed loved ones in dreams are not only genuine, but also have real impact on our lives. Such encounters can bring closure and healing and provide life-helping information. In this meaningful workshop you will:

- learn how to get in touch with your own psychic/mediumship abilities in dreams
- expand your understanding of the dreamscape
- experience a conscious dream journey to a departed loved one or ancestor for timely and helpful communication

\$54 (WH Member); \$60 (Non-Member) Min 4 registrants





# YOGA, MOVEMENT & MEDITATION

## TASSEOGRAPHY: THE ART OF TEA LEAF READING

with JOAN CARRA, *Spiritual Counselor, Psychic and Medium*

2 hour workshop Sunday, June 28 • 12:00 -2:00 pm

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. Coffee is available for non-tea drinkers.

\$32 (WH Member); \$35 (Non-Member) Min registrants 4-6

## LET THERE BE LIGHT:

EXPERIENCING INNER LIGHT ACROSS THE WORLD'S SACRED TRADITIONS with Co-Authors ARTHUR STEIN AND ANDREW VIDICH

Lecture & Book-Signing

Thursday, July 16 • 6:30-8:00pm

[see details under Author's Series]

## SOUL REFLECTIONS: CONNECTING WITH YOUR INNER WISDOM

with MONIQUE LANG, *LCSW-R*

3-hour workshop Saturday, July 18 • 10:00am-1:00pm

Wherever we are on the path to Self discovery, the yearning to know ourselves deeply, to connect with our inner knowing, to find and be our authentic Self in the world continues. In this powerful and revealing workshop we use a combination of mindfulness practices, mirror gazing, mandala making, writing and group sharing to deepen our connection with our inner Self and beyond that to our guides, angels and power animals.

\$54 (WH Member);

\$60 (Non-Member)

Min registrants 6



## ONGOING YOGA & MOVEMENT CLASSES

- ☀️ \$20 One-Time Audits available for ongoing classes and prorates available. MUST CALL for audit and prorate option.
- ☀️ \$300 Donor Level Membership (1-year membership) receives FREE yoga & movement classes (Donors must register for the class). Does not apply to yoga & movement workshops, retreats and/or meditation classes.
- ☀️ Minimum 4 registrants needed to run each class

MON	TUE	WED	THU	FRI	SAT
7:00-8:00am <b>Sunrise Yoga</b> <i>(Linda Mackay)</i> <b>NEW!</b>	8:15am-9:15am <b>Deep Flow Yoga *</b> <i>(Shari Balaish)</i>		9:15-10:30am <b>Kundalini Movement &amp; Mantra</b> <i>(Mandeep Kaur Khalsa)</i>	9:30am-11:00am <b>Ayurvedic Yoga</b> <i>(Susan Wright)</i>	
9:30am-10:30am <b>Empower Hour Yoga</b> <i>(Linda Mackay)</i>	9:30am-10:30am <b>Centered &amp; Energized Yoga</b> <i>(Sujatha Raman)</i>	Time/Start TBD <b>Yoga for Pain Free Body and a Stress-Free Mind *</b> <i>(Athina Pride)</i>			10:30-11:30am <b>Basics of Yoga</b> <i>(Sujatha Raman)</i> 6-weeks series Late Spring Only May 16-June 20
11:00am-12:00pm <b>Tai Chi for Health</b> <i>(Stu Reis)</i>				3:30-4:30pm <b>Gentle Yoga (ISHTA)</b> <i>(Marianne Letizia)</i>	
7:00-8:15pm <b>Gentle Kundalini &amp; Meditation</b> <i>(Beth Sax)</i>	6:30-7:30pm <b>Basics of Yoga</b> <i>(Sujatha Raman)</i> Two ongoing 4-weeks series Summer Only June 23-Aug 11	7:30-8:30pm <b>Sunset Yoga</b> <i>(Didi McKay)</i> <b>NEW!</b>	7:00pm-8:00pm <b>Fundamentals of Tai Chi Ch'uan</b> <i>(Robert Corrado)</i>		

\* Tentative. Call or check website for updates.

# YOGA, MOVEMENT & MEDITATION

## MONDAYS

### **SUNRISE YOGA** with LINDA MACKAY – *NEW*

Mondays • 7:00-8:00am

Summer Series 1: June 15, 22, 29, July 6

Summer Series 2: July 13, 20, 27, Aug 3

Rise and shine with the sun as you warm your body with standing and seated yoga postures. Come experience the serene setting overlooking the water (outside when appropriate) at the time of day when your senses function at their purest form and are quite sensitive to perceptions coming from outside and inside the body. This peaceful yoga experience will naturally relax you. Feeling good physically, mentally and emotionally is a great, positive way to start your day.

Each Series: \$72 (WH Member); \$80 (Non-Member)

### **EMPOWER HOUR YOGA** with LINDA MACKAY

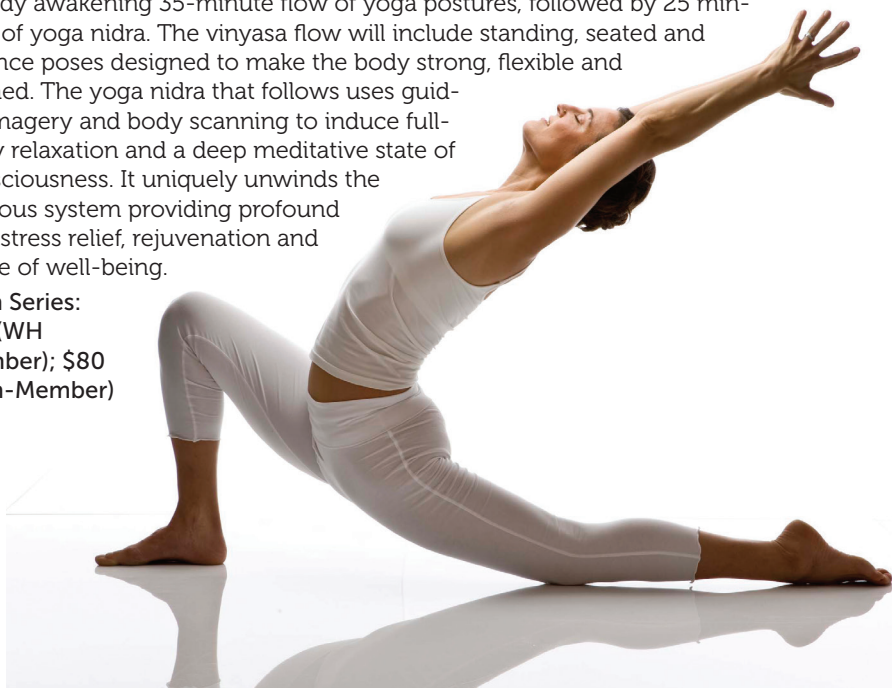
Mondays • 9:30-10:30am

Summer Series 1: June 15, 22, 29, July 6

Summer Series 2: July 13, 20, 27, Aug 3

A body awakening 35-minute flow of yoga postures, followed by 25 minutes of yoga nidra. The vinyasa flow will include standing, seated and balance poses designed to make the body strong, flexible and aligned. The yoga nidra that follows uses guided imagery and body scanning to induce full-body relaxation and a deep meditative state of consciousness. It uniquely unwinds the nervous system providing profound rest, stress relief, rejuvenation and sense of well-being.

Each Series:  
\$72 (WH Member); \$80 (Non-Member)



### **TAI CHI FOR HEALTH**

with STU REIS

Mondays • 11:00-12:00pm

4-week series: June 29,

July 6, 13, 20

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

Series: \$72 (WH Member); \$80 (Non-Member)

### **GENTLE KUNDALINI & MEDITATION** with BETH SAX

Mondays • 7:00-8:15pm

Summer Series 1: June 15, 22, 29, July 6

Summer Series 2: July 13, 20, 27, Aug 3

Explore a yoga set called a "kriya," featuring breath work paired with rhythmic movements and static holds in a range of motion that works for your body. Each class includes an extended gong relaxation and blissful mantra meditation. If you can breathe and move, you can do gentle Kundalini.

Each Series: \$72 (WH Member); \$80 (Non-Member)

## TUESDAYS

### **DEEP FLOW YOGA** with SHARI BALAIASH

Tuesdays • 8:15-9:15am Tentative. Call or check website for updates.

### **CENTERED & ENERGIZED YOGA** with SUJATHA RAMAN

Tuesdays • 9:30-10:30am

Summer Series 1: June 9, 16, 23, 30

Summer Series 2: July 7, 14, 21, 28

A well-rounded class that works the entire body and helps you 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. Leave feeling refreshed and able to sail through your day with joy and ease. Some experience is required but this is a general class that will benefit most people.

Each Series: \$72 (WH Member); \$80 (Non-Member)



# YOGA, MOVEMENT & MEDITATION

## **BASICS OF YOGA** with SUJATHA RAMAN

Tuesdays • 6:30-7:30pm

Summer Series 1: June 23, 30, July 7, 14

Summer Series 2: July 21, 28, Aug 4, 11

For those new to yoga and those who would like to work at a pace that allows them to integrate breath with movement. Taught in a supportive environment, the class will help you increase strength and flexibility. Class includes asanas, breathing techniques and meditation. Master sun salutation and asanas such as pachimotanasana (seated forward bend), trikonasana (triangle pose) and sarvangasana (shoulder stand). Learn how to use your breath to relax, de-stress and energize yourself.

Each Series: \$72 (WH Member); \$80 (Non-Member)

## WEDNESDAYS

### **YOGA FOR A PAIN FREE BODY AND STRESS FREE MIND** with ATHINA PRIDE

Tentative. Call or check website for updates.

### **SUNSET YOGA** with DIDI MCKAY– NEW

Wednesdays • 7:30-8:30pm

Summer Series #1: July 1, 8, 15, 22

Summer Series #2: July 29, Aug 5, 12, 19

Close your day with an uplifting yoga practice accompanied by the setting sun. Move and pose, listening to your own body's desires and physical needs, to strengthen, lengthen and heal. Learn about

Sadhana yoga, the yoga of spiritual practice, as we set intentions, calm nerves and gain poise. Taught by Didi Siri Jai McKay, who has studied many forms of yoga, including Vinyasa, Ashtanga and Kundalini. Didi most recently trained and studied yoga with School Yoga Institute in the Sacred Valley of Peru.

Each Series: \$72 (WH Member); \$80 (Non-Member)



## THURSDAYS

### **KUNDALINI MOVEMENT & MANTRA** with MANDEEP KAUR KHALSA

Thursdays • 9:15-10:30am

Summer Series 1: May 28, June 4, 11, 18

Summer Series 2: June 25, July 2, 9, 16

Students will be led through a rhythmic kriya, a dynamic series of postures, breathing and sound, to help bring the physical, mental, and spiritual aspects of ourselves into greater balance. Mantra meditation, which taps into the sacred sound currents of the Kundalini Yoga tradition, will also be a part of the class.

Each Series: \$72 (WH Member); \$80 (Non-Member)

### **FUNDAMENTALS OF TAI CHI CH'UAN** with ROBERT CORRADO

Thursdays • 7:00-8:00pm

Spring Series (6-weeks): April 16, 23, 30, May 7, 14, 21

Summer Series 1: May 28, June 4, 11, 18

Summer Series 2: June 25, July 2, 9, 16

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.

6-Week Series: \$108 (WH Member); \$120 (Non-Member)

4-Week Series: \$72 (WH Member); \$80 (Non-Member)

## FRIDAYS

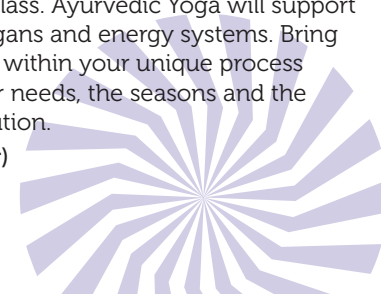
### **AYURVEDIC YOGA** with SUSAN WRIGHT

Fridays • 9:30-11:00am

4-week series: July 10, 17, 24, 31

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.

Series: \$72 (WH Member); \$80 (Non-Member)



# YOGA, MOVEMENT & MEDITATION



## **GENTLE YOGA ISHTA** with MARIANNE LETIZIA

Fridays • 3:30 – 4:30pm

4-week series: June 5, 12, 19, 26

This Gentle Yoga class is designed for students who are new to yoga and struggle with inflexibility. Deepen your spiritual and physical awareness as we explore breathing exercises, meditations, and yoga postures to help increase mobility in all body joints. The breath and yoga postures are introduced in ways that make it less intimidating for the new student; to help build their comfort, confidence, and flexibility. Short meditations are used to calm and quiet the mind, as well as elevate spiritual awareness.

Each Series: \$72 (WH Member); \$80 (Non-Member)

## SATURDAYS

## **BASICS OF YOGA** with SUJATHA RAMAN

[same description as on Tuesdays]

Saturdays • 10:30-11:30am

Spring Series 2 (6-weeks): May 16, 23, 30, June 6, 13, 20

\$108 (WH Member); \$120 (Non-Member)

## SPECIAL "ON THE WATER" YOGA CLASS

## **SUP OM: A Unique Vinyasa Ebb & Flow Class** with DEBBIE BISACCIA

CONTACT DEBBIE DIRECTLY FOR DETAILED INFORMATION & REGISTRATION

Class schedule/pricing will be available 4/1/15

To register for classes, go directly to: [www.mindbodyonline.com](http://www.mindbodyonline.com)

and Search: SUP OM

Contact Debbie: [debra@reformingrehab.com](mailto:debra@reformingrehab.com) or (914) 777-1135

Launch into summer, Work your core like never before and Learn to stand up paddle board one of the world's fastest growing water sports. This class is a premiere venue for absolute beginner paddlers. Debbie will teach you all the board basics you need to know to get you up and paddling safely with confidence and ease. Together we will ride the waves, connect with nature and enjoy the spectacular views of Milton harbor as you learn proper strokes to stop, turn and navigate your SUP board safely. Prerequisite: No experience but all students must know how to swim. Bring your spirit of adventure and leave smiling.



## WORKSHOPS & RETREATS

## **INTRO TO THE TAO OF TANGO: A WALKING DANCE MEDITATION WORKSHOP** with JILL DOORNICK

Thursday, May 7 • 7:30-9:00pm

Learn the very basics of "lead and follow" which is simply physically listening to each other and being totally in the present. Increase your ability to feel what partner dancing is like without worrying about the steps or their feet. Tao of Tango is much more than a 'moving meditation'. It is a metaphor for communication and real life relationships, not only between two partners, but within one's own self as well. Both depend on the balance of Yin and Yang forces (male and female) to allow for a harmonious life.

\$22 (WH Member); \$24 (Non-Member)

Min registrants: 4

## **MOTHER-DAUGHTER YOGA AND CREATIVITY**

with SHERRI SNYDER-ROCHE, MA Psychotherapy, LMHC

Saturday, May 9 • 1:00-4:00pm

This three-hour workshop is filled with playful and creative ways to connect and communicate. Kundalini Yoga, creative arts, relaxation, and meditation will be woven through the workshop providing a verbal and non-verbal approaches to deepen your connection and compassion. Art materials will be provided.

Per Mother-Daughter Pair: \$90 (WH Member); \$100 (Non-Member)

Min registrants: 3 pairs

## **COUPLES YOGA AND ART WORKSHOP**

with SHERRI SNYDER-ROCHE, MA Psychotherapy, LMHC

Saturday, June 6 • 1:00-4:00pm

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.

Per Couple: \$90 (WH Member); \$100 (Non-Member)

Min registrants: 3 couples





# YOGA, MOVEMENT & MEDITATION

## INTRO TO EARTH DANCE WORKSHOP

with JILL DOORNICK

Sunday, June 7 • 10:30am-12:00pm

Explore the dancer in you. Express your inner self and your relationship with the Earth. Unite your heart and passion with your body and the powerful energy that flows through you. Dance through the basic rhythms of the five elements: water, wood, fire, earth and metal. You will acquire a new understanding of yourself while you stretch, strengthen and move naturally to a variety of exhilarating percussions and inspiring soulful music.

\$22 (WH Member); \$24 (Non-Member)

Min registrants: 4

## DANCING LIGHT: THE SPIRITUAL SIDE OF BEING THROUGH THE EYES OF A MODERN YOGA MASTER

with TAO PORCHON-LYNCH

Lecture & Book-Signing

Tuesday June 16 • 10:30am to Noon

\$15 Lecture (no book); \$45 includes book (WH Member & Non-Member)

Pre-order book at <http://www.powerlivingmedia.com/>

[see details under Author's Series]

## RECESS FOR GROWN-UPS: FIND YOUR SILLY SIDE

with SHERRI SNYDER, MA *Psychotherapy, LMHC, Artist and*

AMY KIRKPATRICK, *Actress, Dancer, Improv Artist*

ONE-DAY RETREAT

Saturday, July 18 • 9:00am to 6:00pm

As we age, our playful nature is often tossed aside to make room for the serious stuff in life. Do you ever just want to PLAY?!

- Imagine blowing bubbles, finger painting, charades, and laughing harder than you have in years.
- This retreat is loaded with fun, playfulness, Kundalini and Laughter yoga, creative self-expression & lively cooperative games.
- Connect with others and re-connect with the kid in all of us.
- Breakfast & Lunch included (Discount coupon for Dinner)

\$150 (WH Member); \$165 (Non-Member)

Min Registrants: 6

## MEDITATION CLASSES

### MORNING GUIDED MEDITATION – AFFINITY GROUPS EXTENDED SUMMER OFFERING

(See details on website under Affinity Groups)

Mondays & Tuesdays • 7:00-8:00AM

*Mondays with DAVID BERNSTEIN – starts May 4*

*Tuesdays with GREGG HILL – starts May 5*

Suggested donation \$5.00

### FOUNDATIONS OF MINDFULNESS: INSIGHT MEDITATION

with NINA NAGY, *Teacher NY Insight Meditation*

4-week series

Wednesdays • 7:00-8:30pm

May 20, 27, June 3, 10,

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.

\$80 (WH Member); \$88 (Non-Member)

Min registrants: 3



# HEALTH & WELLNESS



## DOMESTIC MEDICINE: A HISTORY OF HOUSEHOLD REMEDIES AND THEIR TRADITIONAL APPLICATION

with SAMUEL MASINI, N.D., Dipl.Ac.

2-hour workshop Wednesday, May 6 • 10:00am-12:00pm

Domestic Medicine refers to the health care and first aid applications that come from family members using household items or techniques taught from one generation to the next. In this course, we will undertake a practical review of a variety of historic domestic remedies for common, acute conditions and for each health problem, explore possible interventions such as hydrotherapy, physical treatments, and recipes using household food and herbs. Scientific research on vitamins and minerals in prevention and treatment and reviews of traditional remedies still available in stores will also be covered.

\$35 (WH Member); \$40 (Non-Member) Min registrants: 4

## DRUMMING UP WELLNESS: FIND YOUR RHYTHM TO HEALTH

with DAMON JACKSON, Founder of A.L.I.R.A.M, Remo HealthRHYTHMS® Trained Facilitator

Monthly on Fridays • 7:00-9:00pm May 8, June 12, July 10, Aug 14

Learn how to use different timbal instruments (drum, shaker, bell, etc.) in a circle of rhythm & soul while you:

- Reduce stress & boost the immune system: Group drumming is a fun and engaging activity that naturally lends itself to joy and stress release providing a perfect antidote to the stressful workplace which also boosts the immune system.
- Gain intellectual stimulation & freedom of expression: Rhythm-based events help communities step outside the box and explore new and creative ways to develop communication and listening skills. It boosts morale and provides an outlet for artistry and creativity.
- Increase joy through laughter, community and fun.

\$20 (WH Member); \$22 (Non-Member)

Min registrants: 4



## MINDFUL LIFE WEIGHT LOSS

with KIM GOLD, MS, RYT and STEVE KANNEY

4-Week Series Saturdays • 2:00-3:00pm

Series 1: May 9, 16, 30, June 6

Series 2: June 13, 20, 27, July 11

Series 3: July 18, 25, Aug 1, 8

Make peace with your weight through a mindfulness-based, holistic program. Whether you need to lose weight or become healthier at your current size, the Mindful Life program will help you to make small changes in several interrelated areas of your life. In this program you will learn:

- How mindfulness--the skill of compassionate awareness--can help you lose weight
- The Five Areas of Weight Loss: Mindfulness, Food, Activity, Nature, and Relationships
- How to make mindful choices about food and exercise, and the practice of mindful eating
- How to say goodbye to calorie counting and deprivation--forever
- How to tap into your deepest values as a powerful source of motivation

The sessions are one hour long and are a hybrid of teaching and group sharing. Members are given practical strategies and "homework" in a supportive environment. Groups are led by Kim Gold, who has a Master's degree in Marriage and Family Therapy and is a Registered Yoga Teacher, and Steve Kanney, the Chief Instructor of Aikido Westchester NY who has dedicated his life to the study of meditative disciplines.

\$100 (WH Member); \$110 (Non-Member) Min registrants 3

## SOUND VIBRATIONS FOR HEALING & BALANCE

with MARIANNE DENNISTON

Bi-Weekly Classes on Thursdays • 7:30 – 8:30pm

May 14, 28, June 11, 25

The resonance of Tibetan Singing Bowls will restore chakra strength and equilibrium, activating, aligning, and establishing a refined, positive flow throughout the cellular body, mental and emotional states, and one's spiritual awareness. Benefits include:

- brings people together
- eases physical strain
- relieves stress and nervous tension
- reduces impatience and restlessness
- stimulates beautiful emotions and thoughts

Each class: \$20 (WH Member); \$22 (Non-Member) Min 4

Marianne Denniston is a classically trained pianist. Using a 200 year old set of Tibetan Singing Bowls brought to her by the Himalayan Sound Vibration healer, Shree Shahii, Marianne plays Sound Concerts to align person, mind and place. Shree passed on to Marianne the traditional secrets of the art of singing bowl therapy, sound healing, and the understanding of the interconnections among the chakras, planets, metals, colors and tones.

# HEALTH & WELLNESS



## **IMMUNITY TO CHANGE (ITC) WORKSHOP: BREAK THROUGH OBSTACLES**

with ETTIE SHAPIRO, ACC, BCC, LCSW

3-hour workshop Saturday, May 16 • 10:00am – 1:00pm

The ground-breaking Immunity To Change approach (ITC), developed by distinguished Harvard professors Bob Kegan and Lisa Lehey enables you to attain resistant goals. In this workshop you will

- Change the basic ways in which you make sense of your world and yourself.
- Identify your improvement goal and the 'hidden commitments' which are producing precisely the behaviors that undermine you achieving your goal.
- Discover a whole new way to move forward to create lasting change.
- Become free to make changes, changes you want and changes that endure.

\$54 (WH Member); \$64 (Non-Member) Min registrants: 5

## **BRINGING MINDFULNESS TO WORK: CORPORATE BASED MINDFULNESS TRAINING**

Instructor: SHEILA WALL

CONTACT INSTRUCTOR FOR DETAILS & REGISTRATION

5-Week Interactive Workshop Series (includes Free Intro)

FREE INTRO: Thursday, May 21, 2015 • 7:00 – 8:30pm

Meets: Thursdays @ 7-8:30pm

Dates: May 21, 28, June 4, 11 and 18, 2015

Cost: \$400 per person for 5 sessions, including materials.

(Early bird discount: Enroll by May 14 and receive \$50 off).

Wainwright members receive an additional 10% discount

For additional information and to register, Contact Sheila at 203.216.6243 or sheila.wall@potentialproject.com

Today's workplace is more challenging than ever. Mindfulness is a scientifically validated and practical way to handle any kind of work environment with more presence, patience, insight, and effectiveness. It is the equivalent of going to the gym for the mind – if you want to be high performing you need to train the mental muscle. In this interactive course we will explain, demonstrate, and practice, research-based strategies to help you bring mindfulness into your workday and life challenges. We will also give you the tools to start a simple yet powerful daily training routine that can help you be more focused, creative, productive, happier and healthier.

## **INTRO TO AUMHOME: CLEARING YOUR SPACE AND YOUR SELF**

with NIDHI HUBA, BA, Feng-Shui Practitioner

3-hour workshop Sunday, July 12 • 1:00-4:00pm

Using techniques of Yoga, Feng-Shui, Dowsing and Divination, Nidhi will guide you to center and align your intuition to the energies and guides that will help you learn how to work with basic Feng-Shui principles. You will then move into learning how to work with dowsing and its application to your specific floor plan. The day is focused on opening your intuitive self and learning you are the channel to creating your own perfect space.

Note: Please bring journal, floorplan or sketch of your space, plus any objects you wish to place on the altar to be charged. Each participant will receive a pendulum and Feng-Shui card as a gift from AumHome.

\$60 (WH Member); \$66 (Non-Member) Min registrants: 5

## **TRUE EDGE WORKSHOP FOR WOMEN**

with ELLEN BLAUFOX, LCSW-R

All-day 5-hour workshop Friday, July 17 • 10:00am – 5:00pm

Liberate yourself from your inhabitation of will. Find your True Edge.

This interactive workshop uses lecture, discussion, music, video and movement to teach participants how to identify triggers that lead to unconscious, negative coping strategies and self-destructive behavior patterns. Using Mindfulness Techniques and cognitive behavioral therapy techniques (CBT), you will:

- Uncover blocks to nurture yourself in the various aspects of your life.
- Nurture your authenticity to be fully present and finally feel known
- Liberate your self from your "Inner Critic" to take risks and go for dreams.
- Experience Mind Body Awareness to love your body and feel more connected to self and others

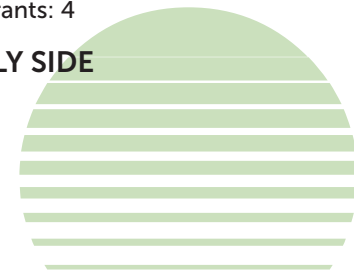
Every participant will leave with an Action Plan that will support them in actualizing one goal. A COMPLIMENTARY FOLLOW UP PHONE CALL will be offered to all participants – scheduled at the close of the workshop – to encourage movement toward their goals, as well as address any challenges or obstacles encountered along the way.

\$90 (WH Members); \$100 (Non-Members) Min registrants: 4

## **RECESS FOR GROWN-UPS: FIND YOUR SILLY SIDE ONE-DAY RETREAT**

Saturday, July 18 • 9:00am to 6:00pm

[see details under Yoga, Movement & Meditation]



# ENVIRONMENTAL AWARENESS



## LIVE AND LET LIVE: HOW MULTIDIMENSIONAL COLLABORATION HEALS ECOSYSTEMS

with Co-Authors, DR. JIM CONROY and MS. BASIA ALEXANDER

Lecture & Book-Signing

Tuesday, May 12 • 7:00pm-8:30pm

(see author's series for more details)

## SUMMER WOES: BUGS, TICKS AND LYME DISEASE

with ANDREA CANDEE, MH, MSC, Master Herbalist

Tuesday, June 9 • 7:00pm-8:30pm

- Learn how to protect yourselves and your pets from picking up ticks by using safe and natural preparations
- Discover natural preparations to eliminate micro-organisms that have piggy-backed the Lyme-infected tick causing chronic Lyme Disease
- Learn the botanical approach to side effects associated with long-term antibiotic therapy
- Learn about a health supporting diet that creates an unfriendly environment for the spirochete and other micro-organisms
- Learn an herbal detoxification/cleansing program to strengthen the body after withstanding the chemical, bacterial and emotional stress associated with long-term antibiotic therapy

\$35 (WH Member); \$38 (Non-Member)

Min registrants: 6

# Wainwright House



A Center for Spiritual Exploration • Creativity • Health & Well-Being • Environmental Awareness

Holistic Center Since 1951

Sunday, September 13, 2015

## Health & Wellness Expo

What you always wanted to know about Holistic Practices . . .  
and are  
**CURIOS** to **TRY**

★ **Keynote Speaker**

★ **Audit Upcoming Fall classes**

★ **Vendors**

★ **Wainwright House Practitioners**

**WATCH FOR UPDATES**

Go to: [www.wainwright.org](http://www.wainwright.org) or call 914 967-6080 for more information



## 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+

## Member Benefits

### Senior [62+] /Student, Individual, and 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 and Sponsor Level:

*Same as Senior/Student, Individual and Family Level plus FREE Yoga.*

### Patron Level:

*Same as Senior/Student, Individual and Family Level plus 15% discount on all programs and non-fundraising events, plus 2 free tickets to a Wainwright music event, plus Free Yoga.*

### Benefactor Level and Grand Benefactor:

*Same as Senior/Student Level to Patron plus 15% discount on all programs and non-fundraising events plus 4 free tickets to a Wainwright music event, plus Free Yoga.*

### Honored Benefactor - \$10,000+:

*Same as Senior Level to Grand Benefactor plus Lobby Recognition Plaque plus 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 5 days before the start date to avoid cancellation. Please register on-line on the individual class page, or call 914-967-6080.

## Cancellations, Refunds and Withdrawals

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

- Wainwright House will contact you and refund your payment in full for classes that are cancelled due to insufficient registration or for other reasons
- If you contact Wainwright House to withdraw 8 days before a class, 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
- No refunds or credits will be offered if you register but do not attend, are late, or leave early from a class for which you have registered

## Wainwright Late Spring/Summer Closings:

5/25/15: Memorial Day • 7/4/15: 4th of July

