

Awareness Center 10th Anniversary Celebration

“Become Aware of the Awareness Center!”

Sponsored by: The Awareness Center and Unitarian Universalist Fellowship of Newark.



January 14, 2012

9 am - 4:30 pm

\$35 for the Day

**Location: Unitarian Universalist
Fellowship of Newark**

All proceeds go to Meeting Ground



Meeting Ground

www.meetingground.org

Come celebrate the Awareness Center of Newark and Wilmington on its 10th Anniversary! This event supports Meeting Ground - an Elkton based charity organization that “provides emergency and transitional housing services to persons who are experiencing a time of homelessness in their lives.”

The Spectrum of Vitality

Keynote Luncheon with Alan Fox, Ph.D. Philosophy Department, UD

Many traditions, both religious and scientific, have models that describe the living organism as composed of a range or spectrum of coarser and finer bodies. In Hinduism, these bodies are described as “kosa” or “sheaths,” which reflects a broader view of substance that ranges from the infinitely dense to the infinitely fine. With regard to embodiment, this means that we are operating on a number of different frequencies simultaneously, but are paying attention to only the slowest and densest of bodies. This is the problem of misidentification – identifying with our physical bodies, when we are actually so much more than that. Yoga and other forms of so-called “energy work” involve learning to attend to, attune to and ultimately manipulate higher frequencies in the embodiment.

Registration Form

Make Checks Payable to: **Meeting Ground**

Mail Checks and Registration: 280 E. Main St. #109 Newark, DE 19711

Name: _____

Email address: _____

Address: _____

Contact Number: _____

I understand that, as is the case with any physical activity, yoga carries inherent physical risks. I am healthy enough for physical exercise and do not have any medical conditions for which a doctor has advised me not to do yoga. I will listen to my body and adjust the posture and ask for support from my teacher.

signature

date

Please number your events by preference per time period – 1 is most preferred. For more details, see the back or go to

www.awarenesscenterde.org Thank you!

8-9 am	Check-in
9:00 -10:30 am	<input type="checkbox"/> Iyengar Style Yoga (Amala and Michael Fahey) <input type="checkbox"/> Lady Niguma Event (w/ Lady Niguma a.k.a. Erin Sweeney) <input type="checkbox"/> Ethical Eating (Donna Shand)
10:40-11:40 am	<input type="checkbox"/> Yoga Sutras & Buddhist 4 Noble Truths Discussion (Neil Meisel) <input type="checkbox"/> The Magic Four (Leslie Beckett) <input type="checkbox"/> Chi Gung (Max Quatro) <input type="checkbox"/> Eating Local (Mary Cannon)
11:50-1:50 pm	Keynote Luncheon - Vegetarian Alan Fox - The Spectrum of Vitality
2:00-3:00 pm	<input type="checkbox"/> Meditative Yoga (Neil) <input type="checkbox"/> Nada Yoga (Bob Davis and Michael Fahey) <input type="checkbox"/> Just the Breath (Leslie)
3:10 – 4:10 pm	<input type="checkbox"/> Meditation (Neil) <input type="checkbox"/> Yoga Movement Principles (Erin)
4:15 -4:30 pm	Closing Words (all)

Event Descriptions

Iyengar Yoga (Michael and Amala Fahey)

Yoga for beginning and continuing students that introduces the fundamental principles of alignment and breath work by teaching primary poses and yoga basics. It emphasizes opening the hips and stretching/strengthening legs, back and shoulders. Stationary poses with specific anatomical instructions are taught.

Lady Niguma Event (Erin Sweeney)

Traveling 1000 years and 7500 miles, Lady Niguma will teach how to use yoga poses and breathing to sequentially open our chakras (energy centers located along the spine) for full enlightenment. She is a Tibetan dakini who has "the rainbow body." Suitable for people with average or better range of motion and no yoga experience needed.

Ethical Eating (Donna Shand)

Find out why our current food system is unsustainable and what you can do to eat in ways that are more ethical, as a consumer and as a citizen.

Yoga Sutras & Buddhist 4 Noble Truths Discussion (Neil Meisel)

Patanjali's Yoga Sutras will be compared with the Four Noble Truths of Buddhism. Learn the basic concepts and how to practice Classical Yoga (with its eight limbs) and Buddhist meditation (with its eightfold path).

The Magic Four (Leslie Beckett)

A gentle yoga practice that is suitable for anyone who can get up and down from the floor. Chairs will be used in several of the poses. You will learn deeply effective poses that release tension from the muscles that attach to the spine. Participants will receive take-away instruction sheets for continuing home practice of "The Magic Four."

Chi Gung (Max Quatro)

Opening the energy gates is based on the element of water. Areas of instruction will cover internal components of standing, scanning (becoming aware of your physical and energetic bodies), cloud hands, and a unique spine stretch that awakens the energies of the vertebrae, relieves spinal tension, and activated the cerebral pump.

Eating Local (Mary Cannon)

The Eating Local Workshop discusses the impact of the locavore movement and offers shopping tips for farmers markets, community supported agriculture, and grocery stores.

Meditative Yoga (Neil Meisel)

Yoga has an added emphasis on enhancing your moment-by-moment awareness. Classes will explore using specific meditation techniques during and between the postures. Suitable for beginners and continuing students.

Nada Yoga (Michael Fahey assisted by Bob Davis and Ken Jones)

Nada Yoga is a practice that uses the senses to awaken our ability to quiet the mind and be transported into our own inner space. Bob Davis will be sharing the sounds of Tibetan singing bowls and his poetry. Ken Jones will project stunning images supplied by Rick Darke, a local author and photographer.

Just the Breath (Leslie Beckett)

The breath is the essence of yoga! No previous experience, flexibility or fitness is required to reap the benefits of this simple, but profound practice. Clear instructions will guide you in an easy breathing practice that will positively affect your body, mind and spirit.

Meditation (Neil Meisel)

Guided meditation with questions and answers; how to develop a personal meditation practice; silent meditation.

Yoga Movement Principles (Erin Sweeney)

This workshop teaches, through demonstration and practice, some basic principles of movement that are secrets of success to look and feel healthier. ALL levels welcome.
