



HEALING THROUGH BODY AWARENESS

Street Yoga Presents: a day of workshops

Saturday, November 12, 2011

9:30 a.m. - 3:45 p.m.



SCHEDULE: SPEAKERS + WORKSHOPS

9:30 - 10:45 • Caroline Goodell • **"Body Signals and Healing"**

11 - 12:15 • Jennifer Parsinen and Janice Sack-Ory • **"Get Unstuck! - Using the Phoenix Rising (Yoga Therapy) approach to Integrate your Body and your Life"**

12:15 - 1 • BREAK FOR LUNCH

*you may bring your own lunch or purchase food from the Bastyr cafeteria;
we will provide light snacks and tea all day*

1 - 2:15 • Robin Rothenberg • **"Harnessing the Energy in the Room"**

2:30 - 3:34 • Stephanie Sisson • **"Yoga for Vulnerable populations: A Social Justice Perspective"**

The workshops are open to all and will be particularly helpful for people in healing professions such as social workers, counselors, yoga teachers, and those who wish to heal themselves.

Workshops will be held at Bastyr University, Room 186

THIS EVENT IS NOT SPONSORED BY BASTYR UNIVERSITY.

**READ THE FULL WORKSHOP DESCRIPTIONS AND BIOS OF PRESENTERS
AT WWW.STREETYOGA.ORG**

**One workshop: \$35 • Two workshops: \$60
Three workshops: \$95 • Four workshops: \$120**

***EARLY REGISTRATIONS ENDS NOV 9
\$45 per workshop at the door.**



Street Yoga gives youth and their caregivers the tools to overcome early life trauma, through the sharing of life-building mindfulness and wellness practices grounded in the ancient healing principles of yoga. We serve by helping youth create a true home in their own bodies, minds, and communities.