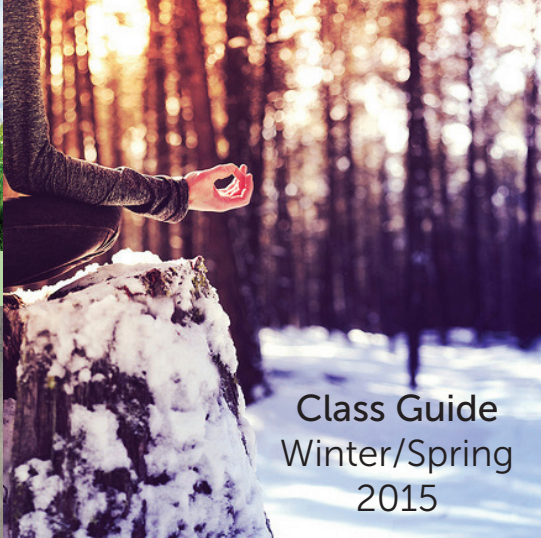




Health & Well-Being

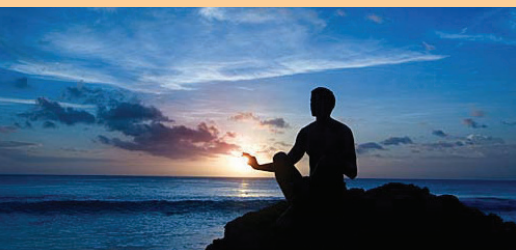


Creativity



Class Guide  
Winter/Spring  
2015

Yoga, Movement & Meditation



Spiritual Exploration



Environmental Awareness



# *Wainwright House*

Holistic Center Since 1951

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



## Wainwright House Yoga Training Academy

Yoga Teacher Training  
with Robin Appel and Bernadette Birney



"A Center of Excellence in Yoga Training"

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

1st Week: Jan 12 - 16, 2015  
2nd Week March 2015  
Daily 7am-9pm *Housing Advised*

#### Fees: 2-Week Yoga Immersion Retreat

Wainwright Member: \$2895.  
Non-Member:  
Register before Dec 22, 2014: \$2995.  
Register after Dec 22, 2014: \$3195.

### RYS 200 Traditional 4-Week Intensive Course with Bernadette Birney

1st Week: Dec 8—12, 2014  
2nd Week: Jan 26 – 30, 2015  
3rd Week: Feb 23 – 27, 2015  
4th Week: Mar 9 - 13, 2015  
Daily 9am-5pm

#### Fees: Traditional 4-Week Intensive Course

Wainwright Member: \$2895.  
Non-Member:  
Register before Dec 1, 2014: \$2995.  
Register after Dec 1, 2014: \$3195.

### RYS 300 Hour Teacher Training

Further deepen your practice and refine your teaching with this advanced training program. Register now for your journey to RYT 500 status  
Prerequisite: Completion of RYS 200 training  
First session: January 19-23, 2015

### Winter Teacher Trainings

**Yin Yoga with Corina Benner**  
Mar 5 - 8, 2015  
**Prenatal Yoga with Sue Elkind**  
Mar 20 - 22, 2015  
**Child Yoga with Robin Appel**  
Mar 27-29, 2015



#### Lodging at Fonrose House

Room and Board for the 2 Week Immersion  
\$450. per week (Includes meals)  
Call Registrar to reserve: 914.967.6080

### E-RYT 500 INSTRUCTORS

**Robin Appel** is a registered E-RYT-500 Instructor with Yoga Alliance. She is the founder of Always-At-Aum, an organization dedicated to empowering students to make healthier decisions by becoming yoga educated. Robin holds teaching certifications for Restorative Yoga, Pilates, youth fitness training and is a Reiki Master/Teacher. Robin has taught at Kripalu, Omega, Integral Yoga Institute and Yoga works. Robin is delighted to bring her teachings to Wainwright House.



**Bernadette Birney** holds her E-RYT-500 certification in Hatha/Vinyasa Yoga. Bernadette is known for knowledge of yoga, authenticity, precise articulation and light-heartedness. Her teacher trainings are infused with life-affirming philosophy that invites students into the exploration of their true potential. She is certified to teach Prenatal, Restorative and Therapeutic Yoga. Bernadette is a nationally known instructor, certified life coach and wellness visionary.

## Save the Dates

**Sunday, December 21, 2014, 5:30pm–7:30pm**

### WINTER SOLSTICE CELEBRATION

Join us at Wainwright House for the Winter Solstice Celebration, as we connect to nature. There will be a fire ceremony & drumming with Susan Wright, teacher of Shamanic practices. The solstice ritual that honors our ancestors, belief system, and a way of offering prayer and gratitude.

**January 18, February 22, & March 22**

### WINTER JAZZ BRUNCH SERIES

(See inside back cover)

**Thursday, January 22, 2015, 7:00pm-9:00pm**

### BUNCO AT WAINWRIGHT

A dice game that will keep you in stitches. Let your hair down with a little wine, popcorn, & M&M's ... What could be better?  
\$25 per person, Maximum 40 people

**Wednesday, January 28, 2015, 6:45pm-8:00pm**

### ZUMBA PARTY

Join in the fun for a 45-minute dance/exercise class, then congratulate yourself at the post party with sangria and light snacks. \$25 per person, Maximum 30 people

**March 6, 7, & 8, 2015, 10:00am-4:00pm**

### ART FOR THE FLOOR: AN ORIENTAL CARPET SALE

Great art has a unique ability to touch us aesthetically, emotionally and spiritually. Wainwright House will host an exhibition and sale of artistic oriental carpets that will touch your soul on many levels. Carpets by Carpet Caravan. Preview Party, Friday March 6, 2015

**Sundays: March 22, April 26, and June 7, 10:30am-1:30pm**

### WAINWRIGHT HOUSE OUTREACH PROGRAM: PAWS ON PILLOWS

Help bring comfort to animals in Westchester shelters. Volunteer to help make beds and toys for our furry friends in need. These made-with-love beds and toys will be donated to help bring healing comfort to the dogs and cats at the Animal Shelters in Westchester. No experience necessary.

**March 27, 28 & 29**

### WAINWRIGHT HOUSE CELEBRATES WOMEN'S MONTH WITH A WOMEN'S RETREAT WOMEN OF VOICE: RE-ENCHANTING OUR WORLD

Join us as we find our feminine voices to liberate, create and heal. Gifted teacher Gloria Amendola and musician Ani Williams will offer healing circles, singing and chanting to lift the spirit, evoke inner strength, and lead us to a place of joy. Celebrate all that it means to be a woman! Make and renew friendships as we share meals, stories and movement together. Wainwright board members Julia Schwartz-Leeper and Holly Galgano will lead yoga, meditation and sacred women's circles. Weekend Retreat includes two-night stay at the tranquil Fonrose House, workshops and five meals.

**\$425 (Non-Member); \$382 (Member); \$310 (Commuter)**

www.wainwright.org • 914.967.6080

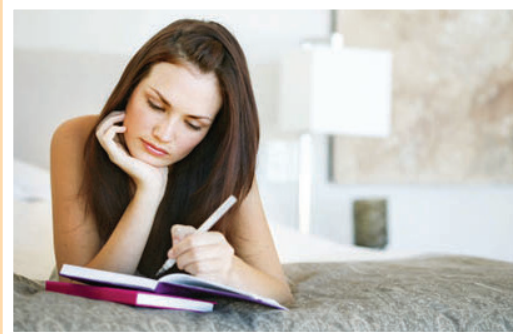




# Creativity

True creativity often starts where language ends.

Arthur Koestler



## **SOUL VISION WORKSHOP SERIES: DISCOVER YOUR PURPOSE & REMOVE LIMITATIONS**

with LINDA RICHICHI  
*Workshop Series*

Break through 3 major blocks that keep you stressed, broke and unhappy! All participants receive a free intuitive Soul Portrait sketch from national award-winning intuitive artist Linda Richichi. Each class begins with a guided meditation to access your inner muse.

- Tap into your own innate symbolic visual language that reveals inner wisdom using expressive art
- Develop intuitive skills that assist you in moving past fear and worry
- Leave each class with a work of art depicting your dream life

*Special Notes:* Additional \$10 charge for art supplies payable directly to instructor on day of workshop. Soul Portraits Instructor needs full name and/or photograph to prepare soul portrait sketch prior to workshop. Send name/photo directly to Linda Richichi: Linda@LindaRichichi.com after you register with Wainwright House.

**3-Part Workshop Series on Sundays  
1:00-5:00pm**

February 8 (Sunday), Workshop #1: Abundance (Clearing Money Blocks)

March 8 (Sunday), Workshop #2: Love & Relationships

April 12 (Sunday), Workshop #3: A Life (or Career) with Purpose

Individual Workshop: \$60 Each (Member); \$66 Each (Non-Member)

Entire 3-Part Series: \$150 (Member); \$165 (Non-Member)

Registration Deadline: 2 Days Prior to Start Date

Minimum Registrants: 4; Maximum Spots Available: 12



## **WRITING FOR LAUGHS**

with MAUREEN AMATURO

Humor writing, 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 to use humor for punchier writing, wittier creativity, and developing 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.

**6-Weeks Series on Tuesdays  
10:00am-12:00pm**

Jan 20, 27, Feb 3, 10, 24, Mar 3 (Skip Feb 17)

\$142 (Member); \$154 (Non-Member); \$25 (One-Time Audit)

Registration Deadline: 2 Days Prior to Start Date; Minimum Registrants: 4

## **ARTIST'S WAY**

with VALLERIE HUYGHUE

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 begin a weekly practice of focusing on our creativity using The Artists Way workbook by Julia Cameron. We will complete the weekly assignments 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 Artists Dates will be discussed. No prior writing experience is required. (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 held in the Fall.)

Requirements: All Participants must bring a copy of The Artist's Way Workbook by Julia Cameron to each session. Read Intro and Chapter One prior to the start of series.

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

Jan 20, 27, Feb 3, 10, 24, Mar 3 (Skip Feb 17)

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

Minimum Registrants: 4; Maximum Registrants: 12

Note: This workshop is open to both adults and teens in grades 9-12 and older. Class size limited to 12. Register early.



### **SOUL COLLAGE: RECLAIMING YOUR INNER ARTIST & YOUR INTUITION**

with DANA MICHIE

Soul Collage cards are beautiful, fun to make, and bring us surprisingly useful insights about ourselves and our lives. You don't have to be an artist! Images that you are drawn to, gathered from magazines, speak to parts of you and your life. These images will be collaged into beautiful cards, creating a personal deck for accessing your inner wisdom.

**Saturday, March 28, 2015**

**10:30am-5:00pm (One hour lunch break. Bring bag Lunch)**

**\$110 (Member); \$120 (Non-Member)**

**Minimum Registrants: 5**

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

with DANIELE AND ROBI HAGER

With the help of We Sing For The World staff, princes and princesses will learn some of the most beloved royalty songs and dances! We will also learn how to make our own tiaras and crowns, activity books, and will enjoy royalty themed movies during our breaks! On the last day, we will conclude with an exciting performance featuring our cast! **Showcase Performance on Friday, February 20, 5:00PM**

**February 16 to 20, 2015**

**9:00am-11:15am Everyday**

**\$230 (Members); \$245 (Non-Members)**

### **BROADWAY! CAMP (AGES 10-13)**

with DANIELE AND ROBI HAGER

Come join us for a week as we explore the incredible world of Musical Theater.

In one week, performers will learn a solo, duet or trio, work on a scene with a partner and learn some fun choreography! We will conclude with a Showcase Performance at the end of the week!

**Showcase Performance on Friday, February 20, 5:00PM**

**February 16 to 20, 2015**

**1:00-4:00pm Everyday**

**\$245 (Members); \$298 (Non-Members)**



### **DON'T STIR, YOU'LL AWAKEN THE DRAGON: ACCEPTING THE WISDOM, POWER AND GUIDANCE OF YOUR TOTEM ANIMAL**

with NADINE GORDON-TAYLOR

1. Finding your animal
2. Finding your bird
3. Finding your insect

Humans have acknowledged the guidance and power of animal totems (in the form of paintings and sculptures) from as early as 40,000 years ago. Intuitive artist N. Gordon-Taylor will help you find your, animal, bird and/or insect symbols and listen to and interpret what these powerful teachers have to share with you. Journey with her into the parallel world of animal totem wisdom and learn how to interpret their messages for yourself. Using her artwork, Gordon-Taylor will show you how she connects with and receives messages from the animal totems that manifest in art for her and others. Then you will mediate, reflect and create your own animal totem mixed media/collage board to help you connect with your personal animal guide. Bring Lunch. Materials Included.

**Three-Part Series**

**April 11, 18, 25**

**11:00am-2:00pm**

**\$55 (Members) \$60 (Non-Members)**

**Minimum Registrants: 4; Deadline: 2 Days Prior to Start Date**

### **SPIRIT DOODLING: THE EFFORTLESS EXPRESSION OF NO-MIND**

with VICTORIA FRIEDMAN, *Co-Founder Vistar Foundation,*

*Author Spirit Doodling*

Spirit Doodling is a meditative art. In this workshop you will:

- Reveal a space of silence that opens the door to a wellspring of expression unknown to the mind
- Tap into an infinite creative source as the mind releases judgments, comparisons and personal limitations
- Create sacred doodles that you can use to activate centering meditative states

**Thursday, January 15, 2015**

**7:00-9:00pm**

**\$25 (Member); \$28 (Non-Member)**

**Registration Deadline: 2 Days Prior to Start Date**

**Minimum Registrants: 4**







## Spiritual Exploration

### MEDICINE WHEEL CEREMONY

with SUSAN WRIGHT, LMT, LCSWR, Author of *"The Chakras in Shamanic Practices: Eight Stages of Healing and Transformation"*

At this ceremonial meeting, you will:

- Pray for all Beings and pass the talking stick, providing a safe, powerful space to support each other in our process and soul's journey
- Begin by honoring the Grandmothers/Grandfathers and our inner elder
- Explore the medicine wheel, all the elements, stages of life, challenges and power
- Express reflections, questions, needs and deep wisdom

Activities may include indigenous crafts and ceremony, meditation, shamanic journey, sacred movement and ceremony.

Saturday, February 7, 2015 • 3:30-5:30pm

\$25 (Members); \$30 (Non-Member)

Pre-registration recommended.

### TGIF TAROT PARTY

with BETH PRINS LEAS

This exciting and playful event is designed for everyone from novices to long-time tarot friends. Find out what's in the cards for you! Everyone will receive a tarot reading by Beth Prins Leas guaranteed to be a positive experience leaving you feeling empowered and with new insights about you and your life's journey. This is an evening you'll be raving about for a long time to come. Bring your burning questions, your sense of humor, and your own deck (or use one of Beth's). Bring your friends. The more, the merrier! Relax with light refreshments, wine and good company!

Thursday, February 12, 2015 • 7:30-9:30pm

\$40 (Member); \$44 (Non-Member)

Minimum Registrants: 6; Registration Deadline: February 5, 2015

### MAKING USE OF MEANINGFUL COINCIDENCES

with GIBBS WILLIAMS, PH.D.

The seemingly inexplicable phenomena of meaningful coincidences are often thought to contain a coded message from some mysterious spiritual source. Are there other less 'occult' explanations? Are synchronicities created or discovered? How may we best use them as an aide to facilitating significant psychological change? Are they perhaps byproducts of an individuals' unique creative process?

Saturday, March 21, 2015 • 9:30-4:00pm

\$115 (Member); \$125 (Non-Member)

Minimum Registrants: 8; Registration Deadline: 2 Days Prior to Start Date

*We are not human beings having a spiritual experience. We are spiritual beings having a human experience.*

Pierre Teilhard de Chardin



### ASTROLOGY: LANGUAGE IMMERSION

with PAMELA CUCINELL, NCGR Certified Astrologer

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.

Two Series on Tuesdays • 7:15-8:45pm

Series 1: Jan 6, 20, Feb 3, March 3 (4-Weeks)

Series 2: March 17, Apr 7, 21, May 5, 19 (5-Weeks)

Series 1: \$125 (Member); \$138 (Non-Member); \$30 (One-Time Audit)

Series 2: \$100 (Member); \$110 (Non-Member); \$30 (One-Time Audit)

Minimum Registrants: 5; Registration Deadline: 2 Days Prior to Start Date

### JEWELS IN YOUR HOROSCOPE: ASTROLOGY 101

with PAMELA CUCINELL, NCGR Certified Astrologer

Pamela Cucinell, demonstrates the relevance of the ancient art of astrology in contemporary life. In this lively interactive workshop, Pamela uses down-to-earth explanations to give tangible information. Pamela uses participants' horoscopes to demonstrate how much knowledge can be gleaned from this map of the 'celestial DNA'. Pamela is the Wainwright House resident astrologer.

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

Wednesday, January 28, 2015 • 7:00-8:30pm

\$30 (Member); \$33 (Non-Member)

Minimum Registrants: 5 • Registration Deadline: 2 Days Prior to Start Date

### ASTROLOGY 101 with PAMELA CUCINELL, NCGR Certified Astrologer

For thousands of years, astrology has been used to guide the timing of events. Its use for human self-awareness and relationship understanding has developed to an art form. The 5 week course teaches you the foundation of astrology: planets, signs and how to put it together. This is a perfect primer for the ongoing Astrology Language Immersion series.

Tuesdays, Feb 24, March 10, 24, April 14, 28 • 7:15pm - 8:45pm

\$125 (Member); \$138 (Non-Member); \$30 (One-Time Audit); Min. Registrants: 5



### NEW MOON GATHERINGS

with PAMELA CUCINELL, *NCGR Certified Astrologer*

*Monthly Gathering*

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 (Dates Vary) • 7:00-8:30pm

Dec 20, Jan 19, Feb 16, March 19, April 16, May 17, June 15

\$20 (Member); \$25 (Non-Member)

Registration Deadline: 2 Days Prior to Each Meeting

### THE ILLUMINATED HEART: SUFI PRACTICES FOR AWAKENING

with SHARIFA FELICIA NORTON & MUINUDDIN CHARLES SMITH

*Workshop, Perfect for Valentine's Day*

The illuminated heart lives continually within love, spiritual freedom and joy. In this workshop, two senior teachers from the Sufi tradition will share profound practices for the transformation of consciousness. These practices emphasize spiritual awakening in everyday life, removing veils that limit our consciousness, and thereby cultivating a luminous and open mind and heart. We will focus on intention and the Sufi science of activating subtle dimensions of the heart. Practices will use breath and light, mystical relaxation, and insight into ways of living most fully in our "natural state", our true being. Ecstatic Sufi poetry and teaching stories will enrich this deep experience of the awakening of our hearts and the discovery of our soul's true freedom and joy.

Saturday, February 14 • 10:00am-1:00pm

\$54 (Member); \$60 (Non-Member)

Minimum Registrants: 7; Registration Deadline: 2 Days Prior to Start Date

### REVELATIONS: EXPLORING A BIBLICAL TOOL

with CATHERINE SWEET

Within the Book of Revelations in the Bible, The Breastplate of Aaron is mentioned as a biblical tool used to represent all of mankind. Historically, it represents each of us through our astrological birth signs. In Revelations, it is a tool for the future that heals all nations. Using the Vogel crystal and the Breastplate, come and experience how the tools of frequencies and wavelengths relate to our physical, emotional, mental and spiritual bodies.

Thursday, March 12, 2015 • 7:00-9:00pm

\$44 (Member); \$48 (Non-Member)

Minimum Registrants: 7; Registration Deadline: 2 Days Prior to Each Event

### INTRO TO THE HEALING QUALITIES OF CRYSTALS

with PATRICIA NAST, *MPH, L.Ac.* & *Natalie Kasdan, LMT, CST*

This workshop is an introduction to the magical world of crystals. In this highly experiential workshop you will be invited to open up all your senses to choose the stones you will work with and truly experience what they can do. All you need to bring is your belief in magic, miracles and healing.

- This workshop will introduce you to the beautiful and awe-inspiring world of crystals
- See many different types of crystals up close and personal
- Learn how to select your most cherished crystal allies
- Feel the connection when you hold them, touch them, and work with them
- Discover your gifts and magic as you resonate with them

This workshop is for anyone who feels drawn to the crystal kingdom. No experience necessary.

Saturday, April 18, 2015 • 9:00am-5:00pm

\$135 (Member); \$148 (Non-Member)

Minimum Registrants: 8

### ALGONQUIN CELEBRATION OF WINTER SOLSTICE

with EVAN PRITCHARD, *Native American*

Talking feather ceremony and heart teachings appropriate for the season. Teachings and Traditions around Winter Solstice as a time when the veil is thinnest, and it is easiest to contact the spirit world. Stories of the season -many stories involve animal heroes and our relationship to the environment. Evan will also lead in singing traditional songs from his new Algonquin song book. Acknowledging the Landkeepers. Evan will present a detailed history of the Wappingers Waterways and Trails of Westchester and discuss the sacred geography of what is now Westchester. Evan will then lead us in ceremony and discussion about how we can show respect to the ancient landkeepers and why this is important.

Sunday, December 21, 2014 • 10:00am-4:00pm (Bring Lunch)

\$115 (Member); \$125 (Non-Member) • Minimum Registrants: 6

### THE MAGDALENE MYSTERIES

Part 1: THE ENDURING MYSTERY OF MARY MAGDALENE - We will examine hidden history and offer insights into the real mission of Jesus. Mary is not who we have been told, but a master adept recognized in her time as the goddess. Part 2: MARY MAGDALENE AND THE GUARDIANS OF THE GRAIL -We will look back to ancient texts and hidden traditions to see what clues the Guardians of the Grail left behind. We will explore the Knights Templar and a few notable alchemists throughout time and see if we can find any clues to their secrets. Part 3: MARY MAGDALENE, SACRED LANDS AND HIDDEN MAGIC - We will focus on the sacred lands of southern France, and how these places of power may have been used by the Gnostics, Essenes, and Cathars. We will examine how the Ancients used these places to harness the power of the natural elements to heal our bodies and awaken our spiritual legacy!

Fridays, January 9, February 6 & March 6

7:00-9:00pm

Members: \$38 each or \$100 for the series

Non-Members \$42 each or \$112 for the series

Minimum Registrants: 5; Registration Deadline: 2 Days Prior to Each Event





## Yoga, Movement and Meditation



### WAINWRIGHT HOUSE YOGA TRAINING ACADEMY



#### UNIQUE YOGA TEACHER TRAINING OPPORTUNITIES REGISTER NOW

**200 HOUR TEACHER TRAINING INTENSIVE** with BERNADETTE BIRNEY  
Monthly Sessions Begin December 8, 2014

**200 HOUR TEACHER TRAINING RETREAT** with ROBIN APPEL  
Begins January 12, 2015

**300 HOUR TEACHER TRAINING INTENSIVE** with BERNADETTE BIRNEY  
Begins January 19, 2015

**YIN YOGA Teacher Training** with CORINA BENNER  
March 5-8, 2015

**PRENATAL YOGA Teacher Training** with SUE ELKIND  
March 20-22, 2015

**CHILD YOGA Teacher Training** with ROBIN APPEL  
March 27-29, 2015

#### YOGA & MOVEMENT CLASSES

*FREE for WH Members at Donor Level \$300 and above*

*\*Donors must call WH to register & redeem this fabulous benefit*

Wainwright House encourages change through personal commitment. Our ongoing classes are offered in a series format to promote lifestyle changes centering around holistic health (not the quick fix). You can try a class one time with a one-time audit. If a series is underway, we can prorate the remaining classes in a series.

## MONDAYS

### EMPOWER HOUR YOGA: REVIVE AND RESTORE

with LINDA MACKAY

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.

Ongoing 6-Week Series on Mondays • 9:30-10:30am

Winter Series 1: Jan 5, 12, 26, Feb 2, 9, 23

Winter Series 2: Mar 2, 9, 16, 23, Apr 13, 20

Spring Series 1: April 27, May 4, 11, 18, June 1, 8

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4

Registration Deadline: 2 Days Prior to First Class in Each Series

### TAI CHI FOR HEALTH

with STU REIS

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

Ongoing 6-Week Series, on Mondays • 11:00am-12:00pm

Winter Series 1: Jan 5, 12, 26, Feb 2, 9, 23

Winter Series 2: Mar 2, 9, 16, 23, Apr 13, 20

Spring Series 1: April 27, May 4, 11, 18, June 1, 8

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Registration Deadline: 2 Days Prior to First Class in Each Series; Min Registrants: 4

### GENTLE KUNDALINI & MEDITATION

with DARBY CHARVAT

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.

Ongoing 6-Week Series on Mondays • 11:00am-12:00pm

Winter Series 1: Jan 5, 12, 26, Feb 2, 9, 23

Winter Series 2: Mar 2, 9, 16, 23, Apr 13, 20

Spring Series 1: April 27, May 4, 11, 18, June 1, 8

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Registration Deadline: 2 Days Prior to First Class in Each Series

Minimum Registrants: 4

## TUESDAYS

### CENTERED & ENERGIZED YOGA

with SUJATHA RAMAN

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.

Ongoing 6-Week Series on Tuesdays • 9:30am-10:30am

Winter Series 1: January 13 - February 24 (Skip 2/17)

Winter Series 2: March 3 - April 14 (Skip 3/31)

Spring Series 1: April 21 - June 2 (Skip 5/26)

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4; Deadline: 2 Days Prior to First Class in Each Series



### DEEP FLOW YOGA

with SHARI BALAIISH

Set your intention for the day to come. Deep Flow Yoga is a wonderful yoga practice that will bring the immediate and profound unwinding of mental and physical tension, open awareness to the inner wave of subtle energetic movement, while strengthening and toning the entire body. The class moves at a steady, but slow pace, it allows for a progression into the interior landscape full of sensation, pulsation, and inner rhythm. Awaken and warm the body with a mindful yoga practice and discover the infinite possibilities within each and every breath.

Ongoing 6-Week Series on Tuesdays • 8:15pm-9:15pm

Winter Series 1: Jan 6, 13, 20, 27, Feb 3, 10

Winter Series 2: Feb 24, Mar 3, 10, 17, 24, Apr 7

Spring Series 1: Apr 14, 21, 28, May 5, 12, 19

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4; Deadline: 2 Days Prior to First Class in Each Series

## WEDNESDAYS

### QIGONG AND TAI CHI

with MARGARET MATSUMOTO

In this 6-week series, each participant can experience the strength and beauty of integrated whole body movement. Each session will combine learning the Tai Chi form (graceful movements that flow in a set sequence) and Qigong (basic repeating movement patterns that promote healing energy). Both systems ground and center us both physically and energetically, generate our vital energy or "qi", improve balance and flexibility, and foster meditative mindfulness. The benefits are amplified by studying both of these systems at the same time.

Ongoing 6-Week Series on Tuesdays • 9:30am-10:30am

Winter Series 1: Jan 7, 14, 21, 28, Feb 4, 11

Winter Series 2: Feb 25, Mar 4, 11, 18, 25, Apr 8

Spring Series 1: Apr 15, 22, 29, May 6, 13, 20

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4

Registration Deadline: 2 Days Prior to First Class in Each Series

## THURSDAYS

### KUNDALINI MOVEMENT & MANTRA

with DARBY CHARVAT

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.

Ongoing 6-Week Series, Thursdays • 9:30am-10:45am

Winter Series 1: January 8 - February 12

Winter Series 2: February 26 - April 9 (Skip April 2)

Spring Series 1: April 16 - May 21

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4

Registration Deadline: 2 Days Prior to First Class in Each Series

### TAI CHI CHUAN

with ROBERT CORRADO

Chi Kung (QiGong) breathing and sensitivity exercises, two Tai Chi solo forms, the Yang style 24 move short form and a 183 move long form. Tai Chi push hands and Tai Chi San Shou for developing sensitivity to another persons energy and a Tai Chi sword form.

Ongoing 6-Week Series, Thursdays • 7:00-8:15pm

Winter Series 1: January 8 - Feb 12

Winter Series 2: Feb 26 - Apr 9 (Skip April 2)

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Min. Registrants: 4; Registration Deadline: 2 Days Prior to First Class in Each Series





## FRIDAYS

### AYURVEDIC YOGA

with SUSAN WRIGHT

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.

Ongoing 6-Week Series on Fridays • 9:30am-11:00am

Winter Series 1: January 23 - March 6 (Skip Feb 20)

Winter Series 2: March 13 - April 24 (Skip April 3)

Spring Series 1: May 1 - June 12 (Skip May 22)

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Min. Registrants: 4; Registration Deadline: 2 Days Prior to First Class in Series

### GENTLE YOGA: ISHTA

with MARIANNE LETIZIA

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.

Ongoing 6-Week Series on Fridays • 3:30pm-4:30pm

Winter Series 1: Jan 9, 16, 23, 30, Feb 6, 13

Winter Series 2: Feb 27, Mar 6, 13, 20, 27, Apr 10

Spring Series 1: Apr 17, 24, May 1, 8, 15, 22

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4; Deadline: 2 Days Prior to First Class in Each Series

## SATURDAYS

### BASICS OF YOGA

with SUJATHA RAMAN

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. It includes asanas, breathing techniques and meditation. At the end of the six weeks, you will have mastered sun salutation and asanas such as pachimotanasana (seated forward bend), trikonasana (triangle pose) and sarvangasana (shoulder stand). You will also learn how to use your breath to relax and de-stress and to energize yourself.

Ongoing 6-Week Series on Saturdays • 10:30am-11:30pm

Winter Series 1: January 10 - February 14

Winter Series 2: February 21 - March 28

Spring Series 1: April 4 - May 9

\$108 (Member); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4; Registration Deadline: 2 Days Prior to First Class



### YOGA VINYASA FLOW

with VICTORIA RAMOS

A flowing, dynamic form of yoga, where postures are linked together using breath. With the tool of vinyasa yoga to open awareness in your body, the ancient gift of yoga will invite your soul and spirit to return into union with your body. Your body is the temple of your soul, breathing movement, expanding awareness and dissolving limitations as you open to yourself.

Ongoing 6-Week Series on Saturdays

12:00-1:15pm

Winter Series 1: January 10 - February 14

Winter Series 2: February - March 28

Spring Series 1: April 4 - May 9

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4

Registration Deadline: 2 Days Prior to First Class in Each Series



### YOGA FOR A PAIN FREE BODY AND A STRESS-FREE MIND

with ATHINA PRIDE

Experience a 6-week sequence of yoga classes to help eliminate pain and discomfort in the whole body by focusing on tight and overworked muscles. The first five classes will cover the following key areas: the lower and upper back, neck and shoulders, legs and hips, hands, arms and chest. The last session will focus on restorative type yoga postures as well as Yoga Nidra and relaxation. In the process, students will learn how to avoid habitual movement and postural patterns in their bodies that tend to cause pain and discomfort and will learn to relax. The end result will be a pain free body and a stress free mind.

6-Week Series on Saturdays

2:30-3:45pm

Jan 10, 17, 24, 31, Feb 7, 14

\$108 (Members); \$120 (Non-Member); \$20 (One-Time Audit)

Minimum Registrants: 4

Registration Deadline: 2 Days Prior to First Class in Each Series

## MEDITATION

### Wainwright House: A Space for Meditation

- Experience the Wainwright House legacy of Stillness
- Meet like-minded friends and share spiritual resonance
- Discover the major benefits for your body and the spiritual philosophy of meditation

## ON-GOING MEDITATION CLASSES

### FOUNDATIONS OF MINDFULNESS: INSIGHT MEDITATION

with NINA NAGY

Through Insight Meditation, we open ourselves to the process of change and through opening, 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.

5-Weeks Series, Fridays

Jan 16, 23, 30, Feb 6, 13

6:30pm-8:00pm

\$140 (Member); \$160 (Non-Member)

Minimum Registrants: 4; Registration Deadline: 2 Days Prior to Start Date

### MEDITATION MIX: A WELL-ROUNDED EXPERIENCE FOR THE WHOLE YOU

Are you new to meditation or experienced? All are welcome to benefit from this program as it uniquely offers a rotating focus every week, led by a different seasoned instructor. In each series, you will experience four different teachers and four different focuses including: the Divine Abode-Based Meditation, Mantra-Based Meditation, Buddhist Meditation and Meditation for Healing. This is a great way to experience different styles of meditation and different ways to apply meditation towards your specific needs.

4-Week Series on Wednesdays • 7:30-8:30pm

Winter Series 1 (4-Weeks): January 7 - January 28

Winter Series 2 (4-Weeks): February 25 - March 18

Spring Series 1 (4-Weeks): April 8 - April 29

Each Series: \$40 (Member); \$44 (Non-Member)

Registration Deadlines: 2 Days Prior to the First Class in Each Series



## WORKSHOPS & SPECIAL CLASSES

### THE TRANSFORMATIVE MAGIC OF BELLY DANCE

with SUSAN WRIGHT

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.

Three Saturdays, February 14, March 14, April 11 • 3:30pm-5:30pm

Single Workshop \$36 (Member & Non-Member)

All 3 Workshops (Receive Discount): \$96 (Members); \$106 (Non-Members)

Minimum Registrants: 6

Registration Deadlines: 2 Days Prior to the First Class in Each Series

### WOMEN'S DE-STRESS & WELLNESS WORKSHOP

with MARGARET MATSUMOTO

Who takes care of the woman who takes care of everybody else?

Whether you are a busy professional or business owner or a 24/7 care-taker for a family member, most women excel at addressing the needs of others at the sacrifice of their own well-being.

Take a short break from your stressful everyday life and dedicate time to focus on you and your needs. In this 4-hour workshop, we'll focus on specific tools for enhancing women's health and wellness. We'll learn physical movements to ground and center ourselves, to cultivate self-compassion, and to replenish the energy we usually extend to others.

Saturday, February 28 • 10:00am-2:00pm

\$66 (Member); \$70 (Non-Member)

Minimum Registrants: 4

Registration Deadlines: 2 Days Prior to the First Class in Each Series

### CREATING FREEDOM FROM PAIN WITH IYENGAR YOGA

with NANCY KARDON

Two-Part Workshop

Part 1: Focus on Neck & Shoulders

Part 2: Focus on the Back

The classical yoga sutras teach us that unknown future pains can be prevented by adhering to yogic discipline. Iyengar yoga, based on precision of alignment, teaches us to find balance and ease through attention to alignment of different parts of our body in each of our asanas (posture) to create the most freedom (agility, strength, ease and balance). Pain in the neck, shoulders and back can be avoided. This method of yoga gives precise instruction and tools to take care of ourselves. The body is a symphony of parts that can communicate and work together. In this 2-part series workshop, you will explore actions to help free the neck and shoulders and create space and extension in the back.

Sundays, January 11 & January 18 • 1:00-3:00pm

\$64 (Members); \$70 (Non-Members); Minimum Registrants: 6





## Health and Well-Being



### SELF-HELP TOPICS

#### THE HEALING KITCHEN

with ANDREA CANDEE, *Master Herbalist, Holistic Health Consultant, Author and Speaker*

When it comes to the healing arts, maybe great grandmother was wiser than we thought. She was self-reliant, knew how to make use of what was around her, and so can you! Join Master Herbalist, Andrea Candee, as she discusses transforming the contents of your kitchen's pantry into a natural pharmacy. Using common fruits, vegetables, herbs and spices, learn how to create remedies that are safe, natural and effective. Gain new respect for the onion, overripe banana, garlic, cayenne pepper, ginger, cabbage, and various herbs. A simple visit to your local supermarket or health food store will provide you with everything you need to heal sprains, bruises, joint pain, insect bites, bleeding cuts, headaches, constipation, and help enhance or detoxify your system.

2-Hour Workshop, Saturday, April 18

2:00-4:00pm

\$48 (Members); \$52 (Non-Members)

Minimum Registrants: 6

Registration Deadline: 2 Days Prior to Start Date

#### DRUMMING FOR WELLNESS: IMPROVING HEALTH WITH RHYTHM & SOUL

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

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. Playing music 'in the moment' is a fun and engaging activity that naturally lends itself to joy and release - a perfect antidote to the stressful workplace. Gain intellectual stimulation & freedom of expression. Rhythm-based events help communities step outside the box and explore new and creative ways of developing the communication and listening skills. Increase joy through laughter, community and fun. A Community Drum Circle is a place for individuals to express themselves through the use of drums and percussion instruments.

Monthly Two-Hour Workshop on Fridays

January 9, February 13, March 13, April 10

7:00-9:00pm

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

Minimum Registrants: 7

Registration Deadlines: 2 Days Prior to Start Date



#### EVIDENCE ON PREVENTION & REVERSAL OF ALZHEIMER'S & DEMENTIA

with JACQUI BISHOP, *M.S., Author, Psychotherapist, Communication Consultant* and Lisa Feiner, *M.B.A., M.Ed., Life and Spiritual Coach*

Diagnoses of Alzheimer's and other forms of dementia have been reversed. Come see Sharp Again Naturally's presentation of the evidence, highlighted in dramatic video clips from documentary filmmakers Patricia Tamowski and Alan Scott Douglas. You will learn about:

- Seven major causes of dementia with information on testing and treatment, including some treatments from your own kitchen
- Ways to protect yourself from misdiagnosis (very common)
- Preventive measures for stopping the process before it becomes a problem.

March 25 • 7:00-8:30pm

\$25 (Member & Seniors); \$30 (Non-Member);

Minimum Registrants: 4

Registration Deadline: 2 Days Prior to Start Date

#### TAPPING INTO WEALTH – USING EFT TO CLEAR YOUR PATH TO ABUNDANCE & PROSPERITY

with EILEEN KARN, *L.Ac, Authorized Tapping Into Wealth Coach*

Harness the Power of EFT Tapping (Emotional Freedom Technique) to create a life of prosperity and wealth. Learn how to tap with your fingertips on your acupressure points to release inner blocks, fears and harmful mindset conditioning about money. This program is based on the work of Master EFT practitioner, and best-selling author Margaret M. Lynch.

- Discover how you REALLY feel about money
- Uncover the TRUE reasons you struggle with money
- Learn how to release this pattern quickly and easily
- Experience a positive shift in your confidence, inner sense of value and belief about what is truly possible for you.

Two Workshops Available. Take one or both.

Thursdays, January 15 & January 22

7:00pm-9:00pm

One Workshop: \$32 (Member);

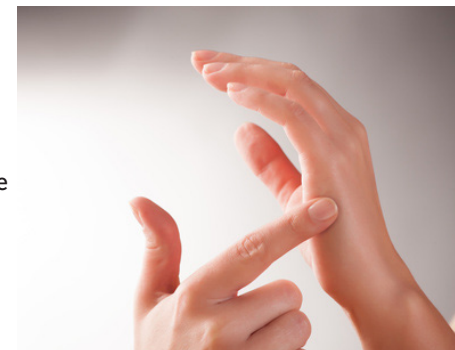
\$38 (Non-Member)

Two Workshops: \$60 (Member);

\$70 (Non-Member)

Minimum Registrants: 4

Registration deadline: 2 Days Prior to Start Date



*It is health that is the real wealth  
and not pieces of gold and silver.*

**Gandhi**



## MIND-BODY TOPICS

### THE NEW LANGUAGE OF TAKE AND GIVE

with JEANNE ROLLINS, MS, NY State Licensed Marriage & Family Therapist & Parenting Coach

This 6-week workshop challenges the traditional definition of generosity and asserts that it's not only in giving that we receive but in receiving that we give. The truest form of generosity is a dynamic chain of give and take. "The most generous and effective way to empower others is to ask that they contribute" states workshop leader Jeanne Rollins.

The group will focus on developing the leadership skills, communication and boundaries necessary to consistently empower those around us. Our tendencies to over-function and how that invites others to under-function in parenting, leadership and life will be explored.

6-Week Workshop Series, Tuesdays  
7:00–8:30pm

Dates: Jan 13, 20, 27, Feb 10, 17, 24 (No Meeting 2/3/15)

\$150 (Members); \$165 (Non-Members)

Minimum Registrants: 4

Deadline: 2 Days Prior to Start Date

### JOYFUL BABY MASSAGE

with LINDA THOMAS

In this hands-on, small group class, you will

- Learn strokes and stretches to promote relaxation
- Facilitate weight gain and help develop body awareness and coordination
- Learn techniques to offer relief from colds, colic, hiccups, constipation, diarrhea and teething irritability

Ongoing 4-Week Class Series, Thursdays  
10:00-11:00am

Series 1: Jan 15, 22, 29, Feb 5

Series 2: Feb 12, 26, March 5, 12 (skip 2/19)

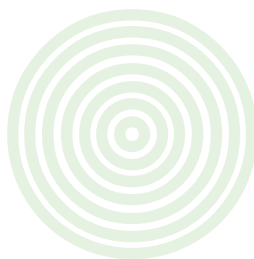
Series 3: March 19, 26, Apr 9, 16 (skip 4/2)

Series 4: Apr 23, 30, May 7, 14

\$90 (Member); \$110 (Non-Member); \$25 (One-Time Audit)

Minimum Registrants: 3

Deadline: 2 Days Prior to Start Date



### SCARED SICK: HOW BIOGRAPHY BECOMES BIOLOGY

with DR. PAUL EPSTEIN

Our diseases tell a story, not just about our cells and a diagnosis, but about ourselves and our personal histories. Explore how our biography becomes our biology, how the body bears the burden including the latest research on the powerful connection between childhood trauma and adult disease. Learn how to listen to symptoms and inner wisdom using the mind-body therapies of mindfulness meditation, guided imagery, and somatic psychotherapy and how to integrate them. Transform stress pain and illness into a journey of self healing and awakening.

Monday, March 9, 2015 • 7:00–9:00pm

\$38 (Member); \$42 (Non-Member)

Minimum Registrants: 4; Deadline: 2 Days Prior to Start Date

### THE HEALING POWER OF MINDFULNESS...CULTIVATING RESILIENCE

with DR. PAUL EPSTEIN

In this practical and experiential talk and workshop we'll discuss the healing power of mindfulness, stress and the mind-body connection, contemplative medicine and explore the traits and benefits of cultivating resilience. The context for the talk is for enhancing personal health and wellness by learning effective tools and strategies for dealing with stress, as well as discussing integrating mindfulness as a therapeutic resource for healing and an important component of mind-body integrative medicine.

Tuesday, March 24, 2015 • 7:00pm – 9:00pm

\$38 (Member); \$42 (Non-Member)

Minimum Registrants: 4; Deadline: 2 Days Prior to Start Date

### STAYING HEALTHY & RESTORING BALANCE WITH THE 5 ELEMENTS

with MILLIE HERMANTO

The 5 Elements of Traditional Chinese Medicine provide a fascinating framework for exploring your specific Mind/Body type. Discover the wisdom of the 5 Elements as they relate specifically to you. Go in depth with Master Teacher Millie Hermanto. You will learn

- How to identify your dominant Element and relation to the other Elements
- How the 5 Elements interact with and affect one another, creating balance and imbalance.
- How diet and nutrition relate to the 5 Elements and which foods are best (and worse) for each Element
- Location of the 12 meridian energy channels and major pressure points.

Sunday, April 12 • 9:30-4:00

\$118 (Member); \$128 (Non-Member) • Minimum Registrants: 6





## THE ALEXANDER TECHNIQUE

with EVE SILVER

Through direct experience learn how to go about your daily activity with increasingly less effort and greater ease. The Alexander Technique is a method of movement re-education. It teaches us to recognize and change long-term postural and movement patterns that interfere with our natural ability to move with ease and fluidity. Appropriate for people of all ages.

4-Week Series, Choice of 3 Different Series:

**Series 1:** Wednesdays, Jan 21, 28, Feb 4 & 11 • 9:15am-10:30am

**Series 2:** Wednesdays, Jan 21, 28, Feb 4 & 11 • 11:00am -12:15pm

**Series 3:** Thursdays, Jan 22, 29, Feb 5 & 12 • 7:00pm-8:15pm

**Free Introductory Class:** Wednesday, January 14, 2014

\$75 (Member); \$83 (Non-Member)

Pre-registration is required; Minimum Registrants: 5

Special Bonus: For duration of workshop, those enrolled can take advantage of one 45-minute private lesson at a reduced rate of \$50 with instructor Eve Silver.

## MASTERING THE ART OF HYPNOSIS with JANICE MATTURRO

Scientific studies support self-hypnosis as an excellent tool for personal success and personal well-being. Harnessing the power of one's mind to reduce stress, increase motivation, enhance confidence, increase sports performance and so much more, is as easy as learning the three-step process of self-hypnosis. Participants will explore the differences between the conscious and subconscious minds, understand the benefits and cautions of self-hypnosis, and learn the three-step process of self-hypnosis.

**Saturday and Sunday, April 11 & 12 • 10:00am-1:00pm**

\$68 (Members); \$74 (Non-Members)

Minimum Registrants: 4; Deadline: 2 Days Prior to Start Date

## HYPNOSIS WEIGHT LOSS WORKSHOP

with JANICE MATTURRO

The reason why so many dieters find themselves wondering why they have failed to achieve their weight loss goals is that they have been taught that they can succeed in their weight loss efforts using will power alone. Willpower is a function of the conscious mind, and the conscious mind is only one part of the equation to successful weight loss. The subconscious mind is the other part of the equation to successful weight loss, and it exerts an even more powerful influence on your everyday weight loss efforts than the conscious mind. Join our workshop to discover and experience the power of your subconscious mind to achieve weight loss success. Complementary weight loss CD/MP3 **INCLUDED**.

**Saturday, February 21 • 1:00-4:00pm**

\$68 (Members); \$74 (Non-Members)

## REMOVING THE BARRIERS TO HAPPINESS, HEALTH & SUCCESS

with HENRY GRAYSON, Ph.D

This two day workshop will identify barriers to happiness and the unconscious causes of physical and emotional symptoms that block healing and happiness. Dr. Grayson is a leading practitioner of mind/body/spirit psychology and specializes in teaching effective ways to create change. Methods such as EFT Tapping and techniques to open new neural pathways make this intensive an experiential journey of discovery and possibility.

Participants will learn:

- Easy and targeted methods for identifying happiness barriers and the causes behind physical and emotional symptoms
- Techniques to release and clear barriers and create new habit patterns that create happiness and success
- Daily practices to keep the stress level low
- Discover how to eliminate victim thinking and put yourself in power to direct your health and happiness

Dr. Grayson is an engaging teacher, popular presenter and expert in combining Eastern and Western philosophies and therapies for powerful results. He received his Ph.D. from Boston University and is the founder of The National Institute for the Psychotherapies in New York City. He is the author of Use Your Body to Heal Your Mind: Revolutionary Methods to Release All Barriers to Health, Healing and Happiness.

**2-Day Weekend Workshop**

**Saturday, March 15, 10:00am-5:00pm and Sunday, March 16, 10:00am-3:00pm**  
\$150 (Member); \$170 (Non-Member)

Minimum Registrants: 6; Registration Deadline: 2 Days Prior to First Class

## BRINGING MINDFULNESS TO WORK: CORPORATE BASED MINDFULNESS TRAINING

with SHEILA WALL

Would you like to make better use of the precious time you have each and every day? Are you looking for opportunities to be more effective, calm, clear, and focused at work and at home? Are you interested in learning techniques to be more responsive and less reactive in everyday living?

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 enjoyable, interactive course we will explain, demonstrate, and practice, scientifically-validated solutions to every day work 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 kind, creative, productive, happier and healthier

**Free Introduction: Wednesday, January 7, 2015 • 7:00-9:00pm**

**10-Week Interactive Workshop Series on Thursdays (1.5 hour Each Week)**  
7:00-8:30pm

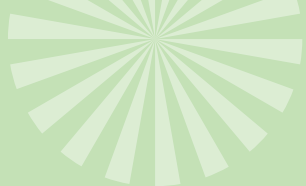
**Dates: Jan 14, 21, 28; Feb 4, 11, 25; March 4, 11, 18**

**Register at: [www.potentialproject.com/register](http://www.potentialproject.com/register) or (203) 216-6243**

\$900 (Members & Non-Members)

Early Bird Special: \$800 (Register 2 weeks before 1st session)

Minimum Registrants: 6 ; No Walk-Ins



### **PARENTING: THE BIGGEST JOB® WORKSHOP**

with PAM HARDY

The Biggest Job® Workshops are a compilation of the family program at The Hyde Schools. The workshops are designed to help those committed to the pursuit of personal and family excellence. This takes work and time. But there are three things we know about this commitment to exceptional parenting:

- It is hard
- It is doable
- It is never too late

No matter what we think we've done or think we might have done in the past, our kids are never too old (and never too young) for us to become exceptional parents. Nor are we too old or too young to start this process.

**Tuesday, January 27, 2015**

**10:00am – 12:00pm OR 7:00pm-9:00pm**

**Fee: \$10 Donation**

**Minimum Registrants: 5 • Registration Deadline: 2 Days Prior to Event**

### **HOLISTIC EYE CARE**

with DR. MARC GROSSMAN

Optometrist, acupuncturist and author Dr. Marc Grossman incorporates the physical, emotional, and spiritual aspects of vision into his philosophy of eye care, including the way vision problems affect us physically and psychologically. This workshop is based on his best-selling books, "Greater Vision" and "Magic Eye Beyond 3D: Improve Your Vision". Marc uses a full range of mind-body therapies combined with conventional approaches to treat conditions such as nearsightedness, presbyopia (the over-40 syndrome), macular degeneration, cataracts, glaucoma, and more. Discover how your inner vision affects your outer vision and leave with an individual protocol for your own eye condition.

**Wednesday, March 18, 2015 • 7:00pm-9:00pm**

**\$28 (Member); \$32 (Non-Member)**

**Minimum Registrants: 6 • Registration Deadline: 2 Days Prior to Start Date**

### **BIOMAGNETISM AND YOUR HEALTH**

with DR. CATHERINE SWEET

Explore the philosophy and history of Biomagnetism. Discover how your magnetic "life fields" shift with health and disease. Observe and experience these energy fields as they relate to the neurological plexuses, chakras, kaballah and your physical, emotional, mental and spiritual bodies.

**Tuesday, February 3, 2015**

**7:00-9:00pm**

**\$34 (Members); \$38 (Non-Member)**

**Minimum Registrants: 6 • Registration Deadline: 2 Days Prior to Start Date**

### **TAT - REAL CHANGE, REAL EASY**

with MICHAEL ROSENBAUM & LUCAS BOLADIAN

TAT - A simple and powerful technique to rapidly shift negative patterns to positive ones. This workshop is an introduction to TAT, an Energy Psychology method that is used to overcome patterns that affect life in a negative way. Tapas Acupressure Technique (TAT) blends contemporary and ancient healing methods. It is very simple and powerful. It has been used successfully for emotional issues, repetitive negative habits, physical discomfort, trauma, relationship difficulty, etc. You will get a chance to work on a personal issue of your choosing during the workshop and receive a TAT manual for future use.

**Sunday, February 22, 2015**

**1:00-4:00pm**

**\$55 (Member); \$60 (Non-Member)**

**Minimum Registrants: 8**

**Registration Deadline: 2 Days Prior to Start Date**

### **COSMIC MEMORY OF FOOD**

with LAURA PARISI

This early Spring interactive cooking workshop focuses on the use of whole, fresh, organic and local foods. The workshop includes a full set of recipes, hands on instruction and a family style meal.

The menu reflects the early Spring Season, a potent transition time for many people. We notice the plant kingdom waking up from its meditative state inside the warmth of the earth's womb as it makes its way from darkness to light.

We have the instinctive and intuitive ability to create a language of food, which can activate new pathways of well-being in our bodies. It is our birthright to bring this understanding into our everyday lives, to live, love and teach others this way of remembering through seasonal transformation.

**Thursday, April 23, 2015**

**10:30am-1:00pm OR 6:00pm-8:30pm**

**\$62 (Member) \$68 (Non-Member)**

**Minimum Registrants: 7**

**Maximum Registrants: 12**

**Registration Deadline: 3 Days Prior to Start Date**







### TIPS ON MAKING A HEALTHIER HOME

with MAY DOOLEY

Does someone in your family suffer from Lyme disease, asthma, autism, or sleep difficulties? Learn about common issues at home that could be linked with symptoms. For example, is your child on an electronic device up to bedtime and then have trouble getting to sleep? Blue-blocker glasses may make a big difference. We'll review your home from stem to stern, and you'll learn tons of tips for making a healthier home.

May Dooley, M.S., CMC (Certified Microbial Consultant) has inspected thousands of homes, helping parents to make practical adjustments that can help with symptoms - from bed-wetting to respiratory issues, from headaches to mold allergies. Check out her website at [www.createyourhealthyhome.com](http://www.createyourhealthyhome.com).

Tuesday, March 10, 2015

10:00-11:30am

\$15 (Members & Non-Members)

Minimum Registrants: 5

Registration Deadline: 2 Days Prior to Start Date



### "THE DISAPPEARING MALE"

The Disappearing Male is about one of the most important and least publicized issues. In the last few decades we have seen steady and dramatic increases in the incidence of boys and young men suffering from reproductive deformities and cancers. This important film takes a close and disturbing look at what many doctors and researchers now suspect are responsible for many of these problems: a class of common chemicals that are ubiquitous in our world. Found in everything from shampoo, sunglasses, meat and dairy products, carpet, cosmetics and baby bottles, they are called "hormone mimicking" or "endocrine disrupting" chemicals and they may be starting to damage the most basic building blocks of human development.

Wednesday, February 25, 2015

7:00-8:30pm

### "NO FAMILY HISTORY"

Every eleven minutes we will lose another woman to breast cancer. No Family History makes these statistics real by following one woman who is diagnosed, treated and recovers from breast cancer. Robin demands to know why she got breast cancer, posing questions about their exposure to environmental toxics. Her intimate story brings the visually hidden experience of breast cancer into light, and motivates us to ask why so much illness and why don't we know how to stop it?

Wednesday, March 25, 2015

7:00-8:30pm

### "MOBILIZE"

Mobilize is an investigative documentary that explores the potential long-term health effects from cell phone radiation, including cancer and infertility. The film examines the most recent scientific research, follows national legislative efforts, and illuminates the influence that technology companies have on public health. Interviews with numerous doctors, politicians, cancer patients, and technology experts are a central part of the film.

Wednesday, April 29, 2015

7:00-8:30pm

Suggested Donation for Each Film: \$5 • Organic Refreshments will be served.



*Wainwright House is pleased to announce their list of Practitioners. All WH Practitioners have been vetted by a panel of their peers. Any therapies should not be relied upon as medical, psychological, coaching, or other professional advice of any kind or nature. Further, the information provided should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional medical care.*

## THE SOUND SHORE WRITERS' GROUP

Founded in June, 2007, the group fosters the development of local authors' work through honest, but constructive, criticism. The Sound Shore Writers Group provides encouragement and inspiration and serves as a support network for writers at all stages of their writing journey. All genres are welcome.

**Every Other Monday • 7:00 – 9:00 pm • \$5 each session**

## WOMEN IN CONVERSATION: MIDLIFE AND BEYOND

Join with women to learn and share stories and spiritual journeys. We use meditation, visualization and facilitated dialoging to create a safe space for authentic being and self expression.

**Every Other Monday • 7:15 – 9:00 pm • \$5 each session**

## MEDITATION AND REIKI CIRCLE

Healing Circles have been a tradition at Wainwright House for more than 15 years. The Wainwright House group may use Reiki or other forms of energy healing as it is a self-directed group. Circles start with 20 to 30 minutes of silent meditation, generally with music, and end in a circle of healing.

**First & Third Tuesday of Each Month • 7:30 – 8:45 pm • \$5 each session**

## COMMUNITY OF MINDFULNESS MEDITATION GROUP: QUIET HARBOR SANGHA

Quiet Harbor Sangha is an ongoing, open 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 today. Beginners are welcome.

**Every Thursday • 7:30 – 9:00 pm • \$5 each session**

## THE MIND & SPIRIT BOOK CLUB

Each month, we'll explore ideas of consciousness and spirituality expressed through various authors. We will enjoy lively, spirited discussion about how these ideas resonate with us, our relationships with others, and our world in general. Please contact Darby at darbyndoug@optonline.net for information regarding the first book. All participants must be current Wainwright House members and agree to pay \$5 per meeting to help support Wainwright House.

**First Wednesday of Each Month • 7:00-9:00pm • \$5 each session**

## WAINWRIGHT PRACTITIONERS

### A THERAPY TO RETURN TO YOURSELF: RYE BEACH WELLNESS MASSAGE

Lola Lee, Licensed Massage Therapist, is a Wainwright practitioner who specializes in Advanced Sports Massage, Maternity Massage, Massage for Cancer Care Clients, Lymphatic Drainage, Myofascial Release, Craniosacral Massage Therapeutic Massage, and much more. For appointments or more information please call (917) 559- 4181.

### KAREN CAMPBELL BETTEN, BODYTALK PRACTITIONER, YUEN METHOD

Karen is a Certified Acute Care Nurse Practitioner and mother. She is the owner of Intuitive Living. Karen strives to bring the latest in science and healthcare to our awareness to achieve our greatest human potential as individuals, family, community, continent and globe!  
karen@intuitivelivingny.com

### PATTI CAPPARELLI, ENERGY HEALING

Using a blend of coaching, mentoring and energy work, Patti helps clients quickly move out of despair, rediscover their bliss and take steps to create a life they love. Patti is a graduate of the renowned Barbara Brennan School of Healing and has training in Reiki, Matrix Energetics, Conscious Conflict and PsychoEnergetics. [www.patticapparelli.com](http://www.patticapparelli.com).

### JOAN CARRA, PSYCHIC, MEDIUM\*

Joan is a clairvoyant, who draws on her own psychic powers to give accurate and in-depth counseling. She provides guidance on personal and business issues. She is also a medium and can successfully contact 'passed on' loved ones, creating closure by delivering messages from the other side. [www.psychicjoancarra.com](http://www.psychicjoancarra.com)

### ELAINE CIRILLO, REIKI & REFLEXOLOGY

Elaine works with her to clients to achieve optimal health. Elaine's Reiki treatments can help restore the body's overall condition and reset the body's natural ability to heal itself. Through Reflexology, she helps her clients relieve tension, improve circulation and promote the natural functions of the body. [www.mysticalroots.org](http://www.mysticalroots.org)

### PAMELA CUCINELL, ASTROLOGY

Through her intuitive guidance, Pamela helps her clients identify life's obstacles and how to overcome them. A certified consulting astrologer, Pamela will help you understand your life cycles, so you can time your life to create abundance, love and success. She is a Karmic Destiny coach, a tarot maven and a Reiki Master. [www.insighttoasis.com](http://www.insighttoasis.com)

### EILEEN KARN, EMOTIONAL FREEDOM TECHNIQUES (EFT)

Since 1985, Eileen Karn has helped thousands gain optimal health. EFT, which stands for Emotional Freedom Techniques, is considered an emotional form of acupuncture that involves tapping on specific acupuncture points. This is a powerful technique to recondition the nervous system and reroute the neural patterning that perpetuates trauma. [www.stamfordacupuncture.com](http://www.stamfordacupuncture.com)

### BETH PRINS LEAS, TRANSFORMATIVE TAROT\*

Tarot is a powerful way to gain insight to your most thoughtful questions. The answers you receive will illuminate the path you are on. Beth Prins Leas, founding director of the Total Life Care Center in Norwalk, CT, is a Transformative Healer and has been doing intuitive work for over 2 decades. [www.tlctarot.com](http://www.tlctarot.com)

### JANICE MATTURRO, HYPNOSIS AND ACTIVE DREAMING

Janice is a Certified Consulting Hypnotist/Hypnosis Instructor, and Certified Teacher of Active Dreaming. Ms. Maturro specializes in creative solutions for personal success through the art and science of Hypnotism and Active Dreaming, for both adults and children. She has studied extensively with pioneering scientists, physicians, scholars, educators, religious and cultural leaders in the field of human consciousness. [www.theinnerworkshop.com](http://www.theinnerworkshop.com)

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

**LIVE AND LET LIVE: HOW MULTIDIMENSIONAL COLLABORATION HEALS ECOSYSTEMS – LECTURE & BOOK SIGNING**

with 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. Their Institute for Cooperative BioBalance leads the way to solve humanity's challenge: thrive sustainably 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. Price includes book. **Saturday, February 21, 2015, 11:00am-12:30pm • \$25 (Members); \$28 (Non-Members)**

**ANIMAL WISDOM: LEARNING FROM THE SPIRITUAL LIVES OF ANIMAL**

with DR. LINDA BENDER

Combining scientific training with the wisdom of a mystic, Linda Bender, DVM shares extraordinary stories from her globe-spanning career healing and rescuing wildlife and domesticated animals. Author of the newly released bestselling book *Animal Wisdom: Learning from the Spiritual Lives of Animals*,

She will share with workshop participants:

- What animals are trying to teach us about love, courage, healing, dying and how they enrich our lives emotionally and spiritually.
- Cutting edge research on the "unexplained powers of animals."
- Step by step practical ways to plug back into your natural intuitive abilities and communicate with animals.
- How animals help us bridge the gap between the known and the unknown, moving us beyond everyday collective.
- How we heal ourselves when we rescue an animal.
- How to become a compassionate advocate in action.

**March 26, 2015 • Price (Book Included): \$40 (Members); \$45 (Non-Members) 7:00-8:30pm**

**EMBRACE SILENCE, EMBODY LIGHT; A SPIRITUAL JOURNEY OF TRANSFORMATION**

with ARTHUR STEIN AND ANDREW VIDICH

A Talk and Discussion on Let There Be Light Experiencing Inner Light in the World's Sacred Traditions. Each of us has unlimited spiritual potential lying within us. If we only knew 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 by ascending into the great fountain head of Light pouring down upon us. God is a great ocean of infinite Light and we are drops in that ineffable ocean. Come and join us for an evening of spiritual inquiry, and realize that this Light is available to all who seek it with humility and grace.

**April 16, 2015 • 6:30-8:00pm • \$25 (Book Included)**

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 at a glance

- A private retreat and conference center 40 minutes north of New York City
- The house, a magnificent replica of a French Chateau, features formal dining rooms, a library and solarium, meeting rooms of a variety of sizes and configurations and outdoor seating by the water. The heart of the building and the entire Wainwright facility is the meditation room, a sacred site for meditation and reflection.
- Available for day and evening meetings
- Overnight accommodations for up to 34 people
- Free Wi-Fi
- Programs in Spirituality, Yoga, Movement, Creativity, Health, Well-being, and Environmental Awareness
- Various meeting rooms
- Seaside Labyrinth and Meditation Garden
- Open year-round
- Affordable rates for all groups, including special rates for nonprofits



Fonrose House Living Room



Fonrose House Bedroom



## About Wainwright House

Wainwright House is the oldest non-profit, non-sectarian holistic learning center in the United States. Our mission is to inspire greater understanding through body, mind, spirit and community. In this sacred space, we seek to inspire by offering initiatives in spiritual exploration, creativity, health, well-being, and environmental awareness.

Teachers have included Thomas Berry, Joan Borysenko, Rosalyn Bruyere, Ralph Bunche, Joseph Campbell, Deepak Chopra, Ram Dass, Mathew Fox, Michael Harner, Jean Houston, Aldous Huxley, Craig Junjulus, Dolores Krieger, Thomas Moore, Bernie Siegel, Sir Laurens Van Der Post, and Roger Woolger, to name but a few. Early supporters included Dwight Eisenhower, J.C. Penney, and John D. Rockefeller.

Join us and experience tranquility and inspiration on Wainwright House's five acres of lawns and gardens overlooking Milton Harbor on Long Island Sound. Facilities include three buildings with meeting rooms, dining rooms, a meditation room, library, and solarium; also the Yoga Center and lodging for programs and retreats.

Wainwright House is a non-governmental organization of the United Nations and is not affiliated with any religion or religious institutions. It is available for retreats, meetings and events and rental by non-profit and civic organizations.

### BOARD OF TRUSTEES

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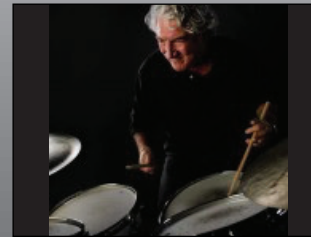
Wainwright Invites  
 you to its annual

# Winter Jazz Brunch Series

Three groups,  
 three Jazz authorities, will stop by  
 Wainwright House with a trio of  
 magical musicians to rid us of those  
 Winter Blues.



Save the date this Winter for  
**January 18, February 22, & March 22**  
 Brunch/Jazz 11:30am to 2:00pm  
*Brunch by Corner Stone*



SUNDAY, JANUARY 18TH  
**Joe Corsello**

Joe Corsello is one of the few highly accomplished musicians of his generation. His talent has allowed him to work with stars such as Peggy Lee and Benny Goodman before he could vote.



SUNDAY, FEBRUARY 22ND  
**Jazz Forum with Mark Morganelli**

Mark Morganelli, who has presented shows at most of the metropolitan region's major concert halls, will bring his sound, trumpet and trio to Wainwright for his next stop.



SUNDAY, MARCH 22ND  
**Peter Hand**

Peter Hand has led a variety of groups and worked with many noted artists and bands. His recent work showcases tenor saxophone giant Houston Person.

\$40 Members, \$45 Non-members, \$15 for children under 12yrs  
**Reserve early at [www.wainwright.org](http://www.wainwright.org) or at 914-967-6080**  
*Only tables of 8 held by name*

## 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/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:

*Same as Senior/Student and Family Level plus FREE Yoga & Movement Classes*

### Sponsor Level and Patron Level:

*Same as Senior/Student to Family plus 4 free tickets to Jazz Brunch*

### Benefactor Level and Grand Benefactor:

*Same as Senior/Student Level to Patron plus 15% discount on all programs and non-fundraising events plus free Jazz Brunch*

### 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
- **Winter Weather Cancellations:** WH follows Rye City Schools for incimate weather closings

### Wainwright Winter-Spring Closings:

1/19/2015: Martin Luther King Day • 2/16/2015 Presidents Day  
12/24/2014 - 1/1/2015: Winter Break

