

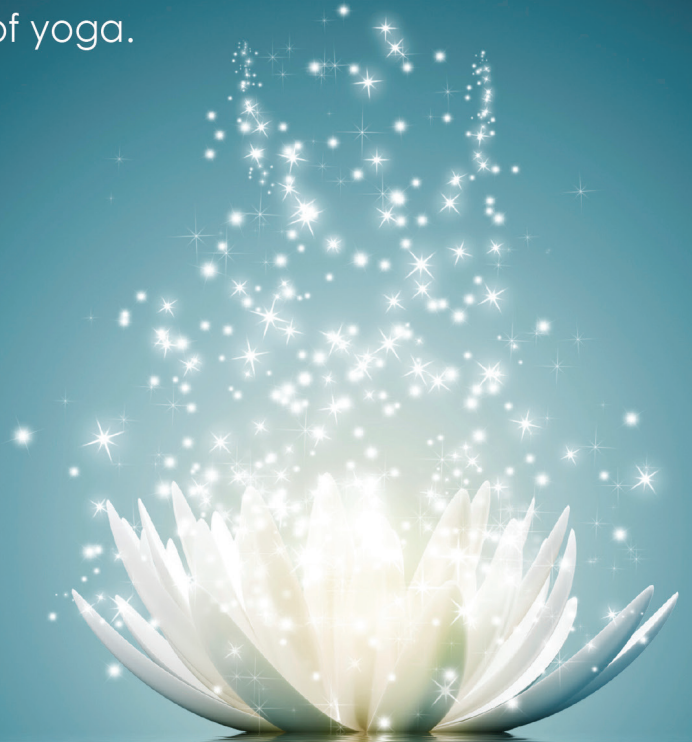
EMBODIYoga™
LISA CLARK

OCTOBER 24-25, 2015
Yoga On The Square
Pittsburgh, PA

EMBODYING CENTERS OF TRANSFORMATION

*Through Yoga From a Body-Mind Centering® Perspective
With Bonnie Bainbridge Cohen*

In this workshop we will focus on embodying the digestive organs, lungs, heart and brain as key organs of transformation and their embryological foundation and interrelations in the inner dance of yoga.





EMBODYING CENTERS OF TRANSFORMATION

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Transformation is only a membrane away. There is the potential for transformation in every cell of our bodies. Space creates the field for the manifestation of our life force as expressed in the flow of our fluids. Our being continuously weaves in stillness and motion.

As we bring awareness to our varied cells, tissues and structures, the instrument of our body becomes stronger and more settled, more freely expressive and loving.

Through the lungs we exchange breathing with the plants. We breathe in the breath they breathe out, and they breathe in the breath we breathe out. In the process of breathing, the lungs rhythmically embrace gently the heart. We celebrate life's joys and sadness.

The cardiovascular system is composed of one continuous cyclical series of looping tubules with our heart at the center of their convergence and transformation. We experience passion and compassion.

The brain has a right and left side. Each half registers the sensations arising on its side of the body. Each half witnesses the sensations occurring on the opposite side of the body. Therefore the right side of the brain registers sensations arising from the right side of the body and witnesses the sensations arising on the left side of the body. The left side of the brain registers the sensations arising on the left side of the body and witnesses the sensations arising on the right side of the body. We perceive and gain wisdom.

With our digestive organs we reach and absorb that which is nourishing and reject that which is toxic. We process and assimilate gut feelings, give back to the soil our eliminations and experience earthiness.

In this workshop we will focus on embodying these key organs of transformation, their embryological foundation and their interrelations in the inner dance.

ABOUT BONNIE BAINBRIDGE COHEN:



Bonnie Bainbridge Cohen is a movement artist, researcher, educator, therapist and developer of the **Body-Mind Centering® (BMCSM)** approach to movement and consciousness. BMCSM is an exploration of how we embody our body systems, tissues and cells as well as our developmental movement patterns and embryological development. In 1973 she founded **The School for Body-Mind Centering®**. Her work has influenced the fields of dance, bodywork, yoga, body psychotherapy, infant and child development and many other body-mind disciplines. She is the author of the book, *Sensing, Feeling and Action* and numerous DVDs on dance, embodied anatomy, embryology and working with children with special needs.

For more information, visit
www.bodymindcentering.com.

LOCATION, DATE & TIME

Location: Yoga On The Square

Dates: October 24 & 25, 2015

Times: Saturday & Sunday

Morning Class: 10:00 am to 12:30pm

Lunch: 12:30-2:00 pm

Afternoon Class: 2:00 to 4:30 pm

WORKSHOP COST

Workshop price is **\$340**

Early registration discount is **\$300** by August 24th, 2015

REGISTRATION INFORMATION

Please visit www.yotspgh.com to register.

HOW TO REGISTER

To REGISTER & PURCHASE workshop online:

CLICK HERE

Please log into the **Yoga On The Square** student portal if you already have an account, otherwise click on “**Sign up**” to quickly create one. The workshop can be purchased in the store section once you have logged into the **Yoga On The Square** student portal. After you register, you will receive a confirmation email with information and details on the workshop.

Or you may register BY MAIL:

(Form on following page)

Fill out the registration form and mail it with your check or credit card information to **Yoga on the Square**, 1112 South Braddock Avenue, Suite 201 Pittsburgh, PA 15218.

*Checks are written to **Yoga On The Square**

Requirements/pre-requisites to participating in workshop:

This workshop is recommended for anyone interested in the fields of Yoga, Movement, Dance, Somatics, Body Mind Modalities, Therapeutic approaches, and Meditation practices. No prior experience is necessary.

ABOUT YOGA ON THE SQUARE:

Yoga on the Square is a yoga studio steeped in somatics and up- to- date body mind approaches and yoga therapeutics. We offer weekly classes, special-in-depth workshops, and are the home of **EmbodiYoga Lisa Clark**.

EmbodiYoga offers several Professional Trainings:

200 and 300 hour Yoga Teacher Training Program

100 hour EmbodiYoga Yoga Therapy Program

Yoga On The Square is a nurturing environment welcoming of students of all ages and body types, from absolute beginner to those looking to broaden and grow their current practice. **Yoga On The Square** is located in the heart of Regent Square and Frick Park, in the East End of Pittsburgh.

For more information on events, classes, and trainings please visit us at www.yotspgh.com and www.embodiyogalisaclark.com.

REGISTRATION FORM

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Name: _____

Email Address: _____

Address, City, State, Zip: _____

Phone: _____

If paying by credit card we will need the following:

First name as it appears on card: _____

Last Name as it appears on card: _____

Credit Card Number: _____

Expiration Date: _____ Security Code: _____

How did you find out about the workshop?

- Internet search:** SBMC EmbodiYoga Yoga On The Square Other
- Email listing:** SBMC EmbodiYoga Yoga On The Square Other
- Social media:** SBMC EmbodiYoga Yoga On The Square Other
- Flyer or Poster**
- Friend**

For Questions/Need Help please contact Lisa Clark at Lisa@embodiyoga.com
or call 919.423.1265.

For information on housing, food, dining, and directions, contact Kai Hoke at Kai@yotspgh.com.



THIS WORKSHOP IS PRESENTED BY:

EmbodiYoga Lisa Clark
Lisa@embodiyoga.com
919.423.1265

www.embodiyogalisaclark.com