





Continuing Education Events

Fall 2009

Workshop Description	Date	Cost
<p><u>Intermediate Yoga Workshop</u>, conducted by Satyam Kumar is designed for the Yoga practitioner who desires to improve their yoga practice and refine many of the popular intermediate poses. In this workshop handouts will be provided for reference on various topics including yogic philosophy, breathing practices, and intermediate postures. The workshop will include a 30-minute flow practice and the study/practice of 8-10 intermediate postures such as: Triangle (with variations) Extended Side Angle (with variations), Warrior III, Shoulder stand, Fish, Plow, Side Plank (with variations), and the cycle of Downward Facing Dog, Plank, Low Plank and Upward Dog.</p>	<p>September 27, 2009 3-5 p.m.</p> 	<p>\$35.00</p>
<p><u>Adult C.P.R.</u>, conducted by Susan Neal presents how to care for an adult who stops breathing, is choking or whose heart has stopped beating. Learn how to recognize the symptoms of a heart attack. Learn how to partner with your community's emergency medical services to provide basic life saving skills. Certification valid for one (1) year. Fees include: Participant workbook, Red Cross Certification fee, Skill card (s), Disposable lung. Additional certifications in: Infant/child, First Aid, and Adult with A.E.D. are available. Tell your friends and family about this one!</p>	<p>October 25, 2009 3-5:30 p. m.</p> 	<p>\$50.00</p>
<p><u>Heart Blossom Meditation (H.B.M.)</u>, conducted by Dr. Timothy Thompson is a gentle way of quieting the frustrations and other stressors that threaten to destroy your inner peace. Rather than attempting to empty thoughts from the mind, the basic approach behind H.B.M. is to befriend the thoughts that arise within you and explore inside them to discover their purpose and meaning in your life. H.B.M. can be practiced while lying down or sitting, according to what's most comfortable for you.</p> <p>This session is a 45-minute a sample class consisting of three, 10-minute meditation sessions separated by 5-minute breaks. This design will enable less-experienced meditators to quickly develop a high level of comfort with the practice, while providing experienced meditators with opportunities to assist their less experienced classmates in cultivating a deep appreciation for the benefits of meditating deeply.</p> <p>Next semester, Dr. Tim will combine his H.B.M. method with his Tai Chi classes for a dynamic and peaceful one-two punch (Tai Chi moving meditation followed by Heart Blossom Meditation). Watch for upcoming announcements of the new format!</p>	<p>November 1, 2009 7 p. m.</p>  	<p>\$20.00</p>

Workshop Presenters Credentials

Satyam Kumar, Yoga and Meditation Teacher

Satyam the founding director and lead instructor of Renaissance Yoga. During the 1990's, Satyam pursued and completed his yoga teacher training in India. Satyam has been practicing yoga and meditation daily for 19 years and has been teaching yoga for 14 years. In addition to his background in yoga, Satyam holds an undergraduate degree (B.A.) in philosophy as well as a professional degree (M.S. Ed.) in Educational Leadership & Community Education. Satyam will be leading workshops and helping the studio grow beginning Fall 2009.

Dr. Timothy Thompson, Tai Chi Teacher and Meditation Leader

Dr. Tim Thompson has over thirty years of experience helping individuals and groups discover their own routes to inner peace and fulfillment of their potential. Proficient in open-hand and weapons forms, as well as push hands, Dr. Thompson holds a black belt in the ancient Chinese internal martial art of Tai Chi Chuan under Grand Master Dennis Brown, with whom he has studied for the past seven years. Dr. Thompson is a Tai Chi Chuan instructor at the Community College of Baltimore County, Catonsville Campus. And 20 years ago, he took the formal initiation as a Kriya Yogi (layperson monk). Kriya (purifying action) is a very powerful meditation technique that accelerates chakra/kundalini fire awakening. In addition, his counseling/healing work focuses on self-transformation, interpersonal/group dynamics, organizational cultures, and leadership development. He has a Ph.D. in Organizational Communication from Howard University.

Susan Neal, C.P.R. Instructor

Susan Neal is certified by the American Red Cross to teach First Aid, C.P.R. (Adult/Child/Infant) and A.E.D. for Community Responders and Professional Rescuers. She has joined the Pilates Plus Wellness Center as an adjunct instructor to help make C.P.R. training more accessible in Upper Marlboro and the surrounding areas. Susan's goal is to inspire others to get certified in C.P.R. so that they are prepared to save a life, if needed!