



Continuing Education Events Spring 2010



<i>Workshop Description</i>	<i>Date</i>	<i>Cost</i>
<p><u>Adult C.P.R.</u>, conducted by Susan Neal. This workshop 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 all materials. 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>March 13th, 2010 Saturday 01:30 to 4:30 p. m.</p>	<p>\$50.00</p>
<p><u>Sun Salutation Yoga Workshop</u>, conducted by Janelle Jones. Sun Salutations are a very popular part of modern yoga, and just about every style of yoga has its own variation. These postures will not only stretch, strengthen, and relax <u>your whole body</u>, but your mind and spirit as well!</p> <p>Whether you have never seen or heard of a Sun Salutation, or have been practicing them for years, this workshop is for you! In this workshop, you will learn how to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Build a home practice by learning a sequence that is a well-rounded yoga practice on its own <input type="checkbox"/> Break down this sequence of poses to find proper alignment in each pose, and proper transitioning between poses to avoid injury and strain <input type="checkbox"/> Use props or otherwise modify the poses to create a practice CUSTOM-MADE for you <input type="checkbox"/> Develop a heightened awareness of your body's response to the sequence, so you know when your "custom-fit" needs an adjustment <input type="checkbox"/> Maintain a seamless link between breath and body to create a moving meditation through Sun Salutations 	<p>April 10th, 2010 Saturday 6-8 p.m.</p>	<p>\$35.00</p>
<p><u>Restorative Yoga Workshop</u>, conducted by Yvonne Jones. This is an opportunity for anyone who wants to rest, renew, and restore. Restorative yoga poses are particularly helpful for anyone dealing with chronic stress or health issues. Much of the restorative yoga taught today should be credited to B.K.S. Iyengar, of Pune, India who was genius at making any pose perfect for anyone by using props and adjustments. By supporting the body with props, we alternatively stimulate and relax the body to move toward balance. Some restorative poses have an overall benefit, while others target an individual part, such as the lungs or heart. In this workshop, we will hold poses for longer than usual as you will be supported with bolsters, blankets and other props. Join us to learn which restorative poses might be best for your daily practice and allow us to give you an evening of total relaxation.</p>	<p>April 17th, 2010 Saturday 6:30 to 8:30 p.m.</p>	<p>\$35.00</p>

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<p><u>Introduction to the Wunda Chair</u>, by Susan Spangler. The “Wunda” (wonderful) Chair is a staple piece of equipment in the Pilates Method. Joseph Pilates invented it, like many other pieces, to serve multiple purposes. In its classical design, you could literally use the chair in your living room for furniture or convert it and use it for exercise. Join us to learn how the Wunda Chair can take your Pilates practice to the next level. You will work your arms, legs, and of course, CORE in this workshop. You will be introduced to the level I chair exercises and be approved to practice these independently in the studio when space is available. This workshop is ideal for anyone who wants to learn more about the Wunda Chair. The workshop includes a 30 minute mat class and review of the fundamentals.</p>	<p>May 2, 2010 Sunday 4:00 p.m. to 5:30</p>	<p>\$35.00</p>
<p><u>Energy Healing Workshop</u>, conducted by Sandra Wiseman. This workshop introduces you to the amazing world of energy healing. Every individual is a latticework of energies. These energies shape the way you feel, the way you think, and the way you live. Learning to tap these energies can bring renewed stamina to a tired body, fresh vitality to a weary mind, and a new bounce to a sagging spirit. Here you will learn to be aware of this energy within and discover simple techniques to balance your body's energies for optimal health, joy, and vitality.</p>	<p>May 15, 2010 Saturday 6:30 to 8:30 p.m.</p>	<p>\$30.00</p>
<p><u>Introduction to Tai Chi Basics</u>, by Dr. Timothy Thompson. The concept of chi (the breath that delivers life) resides in the heart of tai chi. In Chinese medicine, it's believed that disease is due to blocks or imbalances in the flow of chi. Because of the low-impact, relaxed way in which tai chi is practiced, if you allow yourself to relax and trust your teacher and your own body's innate wisdom, you'll find that tai chi can help you with everything from improving your balance to facilitating the effective functioning of your built-in healing system. In this workshop, you will practice a series of movements that will introduce you to the five major areas of concentration (breathing, central equilibrium, circular motion, coordinated movement, and translation and rotation). You will leave with supporting materials to begin a daily practice at home or on the road.</p>	<p>May 23, 2010 Sunday 4:30-6:30 p.m.</p>	<p>\$35.00</p>

Workshop Presenters Credentials

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!

Janelle Jones, Registered Yoga Teacher (E-RYT)

Janelle is a Yoga enthusiast and is registered through Yoga Alliance as an E-RYT 200 and RYT 500. Janelle is also a member of the International Association of Yoga Therapists (IAYT). She continues her studies with Jenny Otto, and is most proud of her recent certification as a Body Balance Yoga Therapy Teacher. In her yoga classes she honors this individuality in each of her students, and through her love of teaching creates a space where students feel empowered to safely explore the gifts their yoga practice can offer, both on and off the mat.

Yvonne Jones, Registered Yoga Teacher (RYT)

Yvonne Jones received her yoga training from The Columbia School of Yoga, in Columbia Maryland. She has received additional certifications as a Christian Yoga teacher from Yahweh Yoga in Chandler Arizona. Her teaching philosophy is that everyone begins somewhere and yoga is accessible to everyone!

Susan Spangler, Nationally Certified Pilates Instructor and Registered Yoga Teacher (RYT)

Susan Spangler is a Pilates Method Alliance (PMA) Nationally Certified Instructor and a PMA business member. She is a Physical Mind Institute certified Pilates Instructor receiving her certifications in Mat and Apparatus in August 2002 and April 2004. She has completed Peak Pilates PPS I, PPSII, and PPSIII and Level 1 & 2 chair certifications as well as Barrel 1 & 2. Susan recently completed the Certified Christian Yoga Teacher Training (CCYT) and Registered Yoga Teacher Training (RYT) with Yahweh Yoga in Chandler Arizona.

Sandra Wiseman, Energy Enthusiast

Sandra Wiseman has been involved in alternative forms of healing since the early 70s. After attending many workshops and retreats for Ayurvedic healing during the 70s and 80s, it became clear every person has untapped power within themselves to restore their health. Though these alternative forms of healing were available at that time, one had to search to find them. Through multiple synchronicities, her quest for personal wellness led her in the 90s to her first introduction to energy medicine, to forms of Chinese healing techniques, and most recently to Donna Eden. Donna has taught some 50,000 people worldwide, both laypeople and professionals, how to understand the body as an energy system. Sandra was fortunate to attend a workshop this past January with Donna Eden in Costa Rica. The information learned at this workshop is the basis of the Energy Healing Workshop being offered at Pilates Plus Wellness Center.

Dr. Timothy Thompson, Tai Chi Instructor 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. In addition, he is an advanced kundalini yoga meditation practitioner. 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.

Workshop Registration

Class	Date	Cost
CPR	March 13 th , 2010 Saturday 01:30 to 4:30 p. m.	
Sun Salutation: Yoga	April 10 th , 2010 Saturday 6-8 p.m.	
Restorative Yoga	April 17 th , 2010 Saturday 6:30 to 8:30 p.m.	
Wunda Chair	May 2, 2010 Sunday 4:00 p.m. to 5:30	
Energy Healing	May 15, 2010 Saturday 6:30 to 8:30 p.m.	
Tai Chi	May 23, 2010 Sunday 4:30-6:30 p.m.	
Total	—————→	

Name: _____ E-mail: _____

Street Address: _____ City, State, Zip: _____

Home # _____ Cell # _____ Work # _____