



W o r k s h o p Transformation Yoga Series

Presented By: Gretchen Fruchey

Friday, January 8-January 29, 2010, 6-7:30m
\$65/4 Week Workshop

Kachmann Mind Body Institute

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Register online or complete this registration form and send payment to Kachmann Mind Body Institute, 1301 Lafayette St. Suite 205, Ft. Wayne, IN 46802. Make checks payable to KMBI. You will receive confirmation once registration is received.

January is the perfect time for change--we are all ripe with resolutions to create new habits and make our lives better: Start that new diet or exercise plan, read more, help the less fortunate. Often-times we repeat resolutions year after year without ever really committing ourselves to change! It may be cliché to continually resolve to be a "better person" or "take better care of yourself," but these are important aspects of living a Mindful Life, and we should be working to make the most of our time, relationships, and body. Yoga can be used as a form of self-improvement--Patanjali's teachings and the practice of yoga provide the guidelines for a mindful and happy life. From self-awareness and self-acceptance, we can all transform. We have the power to transform our thoughts, bodies, and lives--we just have to have the courage! It's not about becoming something better, it's about remembering who we truly are.

Join this four-week Transformation Yoga Series to start 2010 with the intention for change and transformation. This year start your personal journey on the mat and learn how to use self-observation to fully integrate physical, mental, and emotional changes into your life and how to assimilate that insight into a home practice that serves you. Each week provides an opportunity to delve deeper into that which challenges you--whether it's the physical postures, energetic changes, or your emotional needs. Yoga can give you the outlet for transformation and end the cycle of repeating New Year's resolutions. Through Sutras, Pranayama, Meditation, and challenging Asana this series will focus on Release, Strength, Balance, and Spirit.

Familiarity with yoga fundamentals required; those needing modifications welcome. This series may require some homework, such as journaling and home practice.

This Workshop meets the 200hr RYT Teacher Training certification program requirements.