



Long Island Yoga Association

April Workshop

Saturday, April 13th, 2013

1:00 p.m. to 4:00 p.m.

The United Methodist Church
407 Main Street, Farmingdale, NY 11735

Pranic Flow Through Movement, Breath, Bandhas, and Nutrition with Theresa Venezia

Energy flow is imperative to optimal health and wellness. Disease happens when energy becomes blocked or stagnant within the body and energy field. This also affects the earth and all beings around us, as we are all one. As yogis, we have many tools to rely on to break through these blockages; however, we don't always employ all of them. This workshop will put these tools within your reach, so that you can choose the appropriate combination for each situation. We will learn to tap into, cultivate, and move prana in order to be the best we can be. We will also learn to eat strategically for energy flow, matching the prana of our food with our life goals at any given time. Our mission is to be the purest vessel possible so energy can move freely through us from the highest heavens deep into the earth—in essence bringing the energy of heaven to earth.

Theresa Venezia, RYT-500, E-CRYT is the founder and owner of Healthy Vibrant You, a holistic health company focused on nutrition for the body, mind, and spirit. Her mission is to help people focus on their health goals and reach them in a way that is attainable and sustainable over time. She practices the healing arts of Integrated Energy Therapy, Reiki, Karuna Reiki, and Marma Point Therapy, just to name a few. Theresa has traveled extensively to teach and study Yoga, Philosophy, Nutrition, Energy, and Holistic Health with the best teachers in the world today. She believes that lasting learning comes through experience, laughter, and joy and brings that belief into everything that she does

Please bring mat, notebook and a smile.

Registration begins promptly at 12:45 p.m.

Please bring a non-perishable food item for donation to a local food pantry.

REFUND POLICY: If you pay a workshop fee in advance and then find you cannot attend, credit will be applied to the next month's workshop or, if you have paid for that workshop, then credit will be applied to the next unpaid workshop. If the credit is not used at that time, it will be forfeited and placed into the Retreat Scholarship Fund. However, you **MUST** send in your registration and mark it "credit from last month." If we do not receive your registration, we cannot reserve a space for you. In addition, you **MUST** notify us a minimum of 48 hours prior to the event if you are not attending. Failure to give us 48 hour advance notice at (631) 261-1777 will result in forfeiture of workshop fee.

Long Island Yoga Association
PO Box 657, Northport, NY 11768
Phone: 631 261-1777 Email: longislandyogaassociation@yahoo.com
Website: longislandyogaassociation.org

Please make checks payable to: LIYA
Mail to: Workshop Registrar, LIYA, PO Box 657, Northport, NY 11768

- () I will attend the April 13th workshop (member) \$30 enclosed/\$35 at the door.
() I will attend the April 13th workshop (non-member) \$50 enclosed/\$55 at the door.
() I will attend the April 13th workshop. I have a credit from last month.

Pictures of this workshop may be used in the SATSANG or on the website. Please notify LIYA if you do **NOT** want your photo used.

If you are NOT notified, your registration has been accepted. We will see you at the workshop.

Name _____ Phone _____

Address _____ Zip _____ Check# _____

Email _____