



Spring Planting Workshop

Saturday
April 30, 2011
9:30 am to 4:30 pm

Be inspired by great "inner gardeners" who offer their wisdom and skills to you in Six Workshops:

Come step into spring, a time of delightful rebirth. Welcome, nourish and enjoy new beginnings. Expand your awareness and discover new tools to support your blooming life vision in the Four Seasons Spring Planting workshop.

Create A Season By Season Health Vision With Acupuncture Principles with Alice Camara

The spring season is an opportunity to strengthen your body, boost your immune system and have more vitality for everyday activities. The element of spring is wood, one of the five elements found in nature, and gives us our vision and ability to plan and make decisions. Look at your vision and decision-making, using acupuncture principles and techniques.

Alice Camara, L.Ac (licensed acupuncturist)

Diplomate in Acupuncture, and nationally certified by NCCAOM. She was a registered nurse for many years. Incorporated in her treatments are foot reflexology and organ massage.



True Nourishment with Carol Hornig

"To live a healthy life, we must be nourished physically, emotionally, and spiritually. We're starved in this culture. We're not underfed, but we're undernourished." Explore how to nourish yourself for optimal well-being. Learn sound "non faddish" principles for physical health and a meditation for experiencing your connection to all of life.

Carol Hornig, MS, CNS. Clinical Nutritionist and Integrative Health Educator. Provides individualized nutrition and life style guidance, emotional and spiritual support. Trained in Internal Family Systems, Hakomi Method, and Kabbalistic Healing.
www.deepnourishment.com



Discovering The Body's Natural Wisdom: The Alexander Technique with Lyn Koutcher
Discover the unconscious habits that you have created over your lifetime and become free of them with the Alexander Technique. You no longer drag your body around: instead you walk through your day with ease, a spring in your step and a smile on your face. Regain the lightness that is your natural birthright. AT can help back/neck pain, skeletal issues, RSI, and even more valuable, it supports great posture and easy movement.

Lyn Koutcher, Certified Alexander Technique (ATI) teacher. The study of the Alexander Technique brought Lyn back to her childhood love of play, creative movement and sports.



Finding Your Purpose And Setting Your Goals with Monika Kretschmar

Are you wondering what direction to take in your life and what goals to follow? Inner Voice Drawing is a playful tool that will help you to discover your purpose, to uncover what helps or hinders you in fulfilling your goals, and to recover a sense of trust in your own abilities.

Monika Kretschmar, Ph.D. Creator of Inner Voice Drawing. Monika lived in Nepal for ten years where she studied Buddhist philosophy, psychology and meditation under outstanding Buddhist masters. IVD is an outcome of these experiences. <http://www.innervoicedrawing.com>



Discover The Magical Soil Of Your Own Being Through Dream Exploration with Dr. Judith Schafman

Dreams always carry messages of deep meaning, inspiration, the healing of wounds, and solutions to ongoing life problems. Your Soul speaks your truth through dreams, and its communications will surprise and uplift you, take you into unknown personal territory. Come, widen your perspective, go deeper into your own "life story" and learn to creatively carry the dream messages into daily life. Transform your daily drama with your own magic!

Judith Schafman, Ph.D. (Clinical Psychology) Based on her own profound experiences of meditation, dream work and spiritual life, Jude offers Soul Work in three forms: deep dream work, spontaneous artistic expression, and exploration of personal spirituality. Author of e-course Dream Work: A Way In. <http://www.judithschafman.com>



Psyche's Wisdom: From Victim To Empowered Woman with Suse Volk

A storytelling experience of the ancient myth of Psyche and Eros concerning the development of the feminine soul. Reflect on and explore Psyche's steps towards wholeness, including creating order, assessing power and using it wisely, developing identity and giving life to new parts of ourselves.

Suse Volk, M.A. MS, LMHC. Psychotherapist, coach, and consultant in private practice—with an interest in therapies integrating psychological insight, spiritual principles, and body wisdom. Her passion for mythology inspired her to create the Psyche's Wisdom Workshop for women who want to live deep and soulful lives.



Where: 670 Aaron Court, Kingston, NY 12401
Buzz # 4: (right hand door when facing building) to enter.

When: April 30, 2011, 9:30 to 4:30 with lunch break.

How: Two classes will be offered at each time slot. You will have the choice of which one to attend.

9:30 am to 10:00 am—Orientation for all

10:00 am to 11:30 am

Choice 1—Discovering The Body's Natural Wisdom: The Alexander Technique with Lyn Koutcher

Choice 2— Finding Your Purpose And Setting Your Goals: Inner Voice Drawing with Monika Kretschmar

11:30 am to 11:45 am—Break

11:45 am to 1:15 pm

Choice 1— Discover The Magical Soil Of Your Own Being Through Dream Exploration with Dr. Judith Schafman

Choice 2—True Nourishment with Carol Hornig

1:15 pm to 2:45 pm—Lunch: Bring your own lunch or eat in nearby restaurants.

2:45 pm to 4:00 pm

Choice 1—Psyche's Wisdom: From Victim To Empowered Woman with Suse Volk

Choice 2—Create A Season By Season Health Vision With Acupuncture Principles with Alice Camara

4:00 pm to 4:30 pm—Closing for all

Cost: \$78.00 for the day: includes three workshop choices.

If you prefer to register for one or two classes—not the entire day—email Judith Schafman directly at: judithschafman@yahoo.com

The cost for each class individually is \$35.00.

Registration: <http://www.transformingsurgery.com/signup>

Questions: Call Reverend Diane Epstein 914-466-0090 or email Judith Schafman at: judithschafman@yahoo.com

[15% discount coupon for workshop participants at Gabriels for dinner after the workshop!]

The Four Seasons Workshops are created and sponsored by Dr. Judith Schafman and Reverend Diane Epstein.