

Fall Equinox 2017- Celebrating Women!

Journey Within, To Rise Above!

Sunday, September 24th, 9 am – 12 noon, \$35

Please bring yoga mat, journal, colored markers/pencils. This workshop will include:

- Kundalini Yoga and Meditation (modifications provided), Deep Relaxation, Vedic Teachings and Psycho-Education about the Unique Design and Strengths of a Woman, Uplifting Discussions and Practical Support Tools for the Busy Modern Woman
- Ayurvedic Women's Health Teachings on Seasonal Nutrition, Foods & Recipes for Fall Balance, Holistic Support for Hormonal Balance for Women of All Ages, Tools for Inner Centering, & Nurturing our Natural Feminine Life Cycles
- Community Ear Acupuncture (optional) to Relieve Stress and Trauma; Access your Inner Peace more directly when you receive the needles to reset and relax the organs and systems that are adversely affected by stress and trauma



Mary Straub Pargas, M.A., is a certified Yoga Therapist and a Resident in Counseling for The Center for Relational Health, providing programs and counseling services that invite mind-body integration and holistic wellness. In addition to providing clinical mental health counseling, Mary specializes in the integrated therapeutic wellness for individuals and couples with needs encompassing issues of stress, anxiety, depression, self-identity, relationships, emotional and mental balance, career goals, and overall physical health. [For questions or additional work with Mary, you can book online at RelationalHealth.net/mary-straub-pargas/](http://RelationalHealth.net/mary-straub-pargas/) or mary@relationalhealth.net,

540-246-7492



Whitney Erwin, M.Ed., is a Licensed Massage Therapist & Ayurvedic Educator at Four Seasons Harmony. The evidence-based health benefits of her services include creating within body and mind an optimum environment for healing to take place, reduction of anxiety and depression, pain relief, actively engaging in a lifestyle of preventive health, and much more. Customized, holistic consultations are based on the natural healing system of Ayurveda that has been practiced successfully for thousands of years. [To learn more or continue working with Whitney, you may book online at www.fourseasonsharmony.com](http://www.fourseasonsharmony.com) or fourseasonsharmony@gmail.com, or call 540-383-9589



Amara Franko Heller, L.Ac., has been practicing and teaching Chinese medicine and martial arts in Harrisonburg at Shen Dao Clinic since 2008. She is a Licensed Acupuncturist and a Certified Instructor of Xingyi Quan and Bagua Zhang. She also teaches Meridian Qi Gong and has served as Vice President of the North American Tang Shou Tao Association for the past 10 years. In addition to seeing patients in her private practice, Amara also practices community acupuncture. For further information, or to schedule, contact Amara at shendaoclinic@gmail.com or call 540-421-5671



Shen

Dao Clinic

[The Center Yoga @ Ice House Studios 217 S. Liberty Street, Suite 201](#)

