



FALL CURRICULUM & PRESENTERS

DATE: September 28, 2011

TIME: 7-8:30 p.m.

TITLE: *Mindfulness & Stress Hardiness*

HOST: Mark Cohen, psychotherapist

In this session, you will learn how daily mindfulness practice can help you gain a clear awareness of the multiple stressors in your daily life. You will experience simple and powerful mindfulness practices to help quiet the mind, relax the body, and reduce the harmful impact of accumulated stress.

DATE: October 19, 2011

TIME: 7-8:30

TITLE: *The Healing Power of Visualization*

HOST: Michael Gigante, psychotherapist and co-founder of the Northeast Psychoneuroimmunology Institute

In this session, you will learn about what the latest research in mindbody medicine and psychoneuroimmunology (PNI) is teaching us about the power of imagination to evoke hormonal, neurochemical, and immune changes in our bodies. You will learn to create your own personal powerful and effective images and to assist others to do the same for themselves.

DATE: November 16, 2011

TIME: 7-8:30 p.m.

TITLE: *Body Wisdom for Self-Healing*

HOST: Rupa Cousins, certified Alexander Technique Teacher

In this session, you will gain a deeper understanding of how mind and body affect personal attitude and daily life experiences. You will learn how to use common and specialized movements to release unnecessary physical tension and to discover personal lightness, and balance in mind and body. The Alexander Technique reduces pain and encourages grace and ease in daily activities by improving posture and self-awareness.

DATE: December 14, 2011

TIME: 7-8:30 p.m.

TITLE: *Synthesis I: Mindfulness, Visualization & Body Wisdom for Self-Healing*

HOST: Ani Hawkinson, educator and naturopathic physician

In this session, you will have an opportunity to integrate mindfulness, imagery, and movement techniques to create personal routines for promoting health through increased self-awareness and ease in body, mind, and spirit regardless of the events in your life.

HeartSong Health in Community

36 Old Town Road

Putney, VT 05346

Phone: 802-387-2345