



SHAMA, Inc. presents:  
First Annual

# YOGA WELLNESS CONFERENCE

SPASH, 1201 North Point Drive, Stevens Point, WI 54481  
October 9, 10, 11, 2009



The **First Annual Yoga Wellness Conference** will include workshops for new yoga learners, intermediate and seasoned practitioners, open to all levels of interest and experience. Learn all you can from over twenty expert teachers and experienced practitioners from all over the country. Unfurl your mat and join us in a vibrant and holistic environment of pursuing a peaceful mind and body. *The event is followed by the Festival of India on October 10th featuring cuisine, entertainment and fun-fair activities for the whole family to enjoy!!*

**Friday** – Check in 5:30 pm. Inaugural Benediction by Sister Josephine. ‘Get to Know Each Other’ Social Dinner, & Kirtan; 6:00—9:00 pm.

**Saturday** – Workshops: 8:00 am until 4:00 pm; Panel Discussion - Yogic Wisdom, Open to the Public; 3:00—4:00 pm

### I. Investigate the Power and Benefits of Yoga

Indian Philosophy as Therapy, Yoga Sutras & Texts, Yama & Niyama Foundation Principles, Yoga Meets Christianity, Living in Harmony

### II. Learn Meditation Techniques

“Is Meditation for You: an Introductory Survey,” Deep Relaxation & Stress Relief Techniques, Creating True Prosperity, Chakra Tuning, Vipassana Techniques

### III. Therapeutic Methods

Pranayama Breathing Techniques, Yogic Cleansing for Head & Stomach, Massage, Ayurveda Theory, Nutritional Healing

### IV. Practice the Body-Mind-Spirit Connection with Hatha Yoga Practices

Gentle Yoga, Chair Yoga, Yoga for Back Health, Restorative Yoga, Partner Yoga, Yoga for Chakra Balancing, Power Yoga, Advanced Mudras & Bandhs, All-levels Yoga Classes

### V. Yogic Modes of Self-Expression

Mandala Art, Musical Sun Salutation, ‘Gandhian’ Yarn Spinning and Kirtan Singing

### VI. Open Meditation/Yoga in Noble Silence

### VII. Playful Yoga for Young Ones

### VIII. Sharing Circles on a Variety of Topics

Moving through Grief, Living a Yogic Life, Life Transitions



**Sunday** – Concluding Session, 9:00 am - noon.

**Featuring Guest Teachers:** Chicago: Yoga Sadhan Ashram – Acharya Hersh, Mohan Khetarpal, Priya Khetarpal; Digant Dash- Illinois Institute of Technology; New Jersey: Ritu Pandeya; California: Dr. Jayshree Chander; Milwaukee: Dr. Dimitri Topitzes & Deborah Davis

**Local Teachers:** Rob Schulz, Randall Boehme, Karla Rothmann, Maureen Houlihan, Marguerite Ramlow, Marisha Platner, Dr. Arthur Herman, Dan Derezhinski, Dr. A.K. & Anuradha Nagendra, Sue Twiggs, Poonam Bhundiya & Nidhi Gupta (Green Bay), Dr. Sudeep Sodhi, BJ Harkness, Pat Reckrey

\* Please see the website for full program, updates and lodging information, [www.uwsp.edu/multicultural/Shama/](http://www.uwsp.edu/multicultural/Shama/) Programs subject to change.

\* We kindly suggest you bring your own mat (or towel) and cushion, if possible.

Email Karla Rothmann at [roth6978mann@charter.net](mailto:roth6978mann@charter.net) with questions or concerns or call 715-498-3791 or 715-498-3751.

Limited Discount Accommodations Available at Central Wisconsin Environmental Station, [uwsp.edu/cwes](http://uwsp.edu/cwes) 715-824-2428 & Point Motel, 715-344-8312.

SHAMA, Inc. is a 501(c) (3) charitable organization. Any and all contributions to Shama are tax deductible to the fullest extent as allowed by law

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### **Registration Information:**

\$50 until October 4

\$65 thereafter and at the door;

\$90 for a couple

\$215 for Yoga students' group of 5

Discounts with Seva Volunteer Service available until needs are fulfilled. Please contact 715-498-3791.

- Make Checks Payable to **SHAMA, Inc.** Yoga Wellness Conference
- Please mail registrations to 3101 Whiting Avenue, #B9; Stevens Point, WI, 54481

Name \_\_\_\_\_ Address \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

How many participants? \_\_\_\_\_ Total Donation: \_\_\_\_\_