



*Embodied Mindfulness Practices for Self-Care
for Body-Mind-Spirit-Heart ♥ Livestream
Saturday, February 4, 2023, 10am-6pm Central*

Join us for a day of healing activities just right for after the hectic holidays. We are live online using Zoom and ready to help you set your intentions to start 2023 in an embodied way. We provide you with tools to help you feel your very best and connect body, mind, spirit, and heart. Our team of experts will feature Ayurveda, breathwork, guided meditation, heart-centered dance, polyvagal exercises, sound healing, various touch work, gentle yoga, and yoga nidra. Between activities will be short rest and integration breaks. Limited spots are available. Register today!

Schedule and Presenter Information Below
Seminar Features and Tips Included

Personal Investment: \$65 with last day to register on February 3rd.

[Registration Link](#)

Note: there will be a few partial scholarships. Inquire at [this email address](#) before registering.



Schedule of Events

(All in Central time with a few breaks)







<u>Times</u>	<u>Topic</u>	<u>Presenter</u>
10am	Opening and Welcome	
≈10:10-11:15am	Gentle Grounding Techniques for Self-Care	Jennifer Falbo-Negron
11:15-11:30am	Break	N/A
11:30am-12:30pm	Ayurveda Self-Care for the Winter Months	Cynthia Gran
12:30-1pm	Lunch Break	N/A
1-2pm	From Sound to Silence	Gary Gran
2-3:15pm	Restorative and Nurturing Somatic Practices	Magdalena Weinstein
3:15-3:30pm	Break	N/A
3:30-4:45pm	The Transforming Power of Joy	Maneesha McClure
4:45-5pm	Break	N/A
5-6pm	Sound Journey Gong Meditation	Andre Peraza
6pm	Closing	

Program Description with Presenter Information

LIVE ONLINE

Embodied Mindfulness Practices for Self-Care

SATURDAY FEBRUARY 4, 2023. 10AM-6PM CT

		
Jennifer Falbo-Negron GROUNDING TECHNIQUES FOR SELF-CARE	Maneesha McClure THE TRANSFORMING POWER OF JOY	Magdalena Weinstein RESTORATIVE & NURTURING SOMATIC PRACTICES
		
Andre Peraza SOUND JOURNEY GONG MEDITATION	Cynthia Gran AYURVEDA SELF-CARE FOR THE WINTER MONTHS	Gary Gran FROM SOUND TO SILENCE

Event Organizer & Presenter

Jennifer Falbo-Negron, LCPC, RYT-500, SEP, Forest Therapy Guide

Gentle Grounding Techniques for Self-Care * 10-11:15am Central

Join Jennifer in exploring various somatic exercises including centering, accessing the vagus nerve (polyvagal theory), gentle yoga (asana), breath work (pranayama), hand gestures (mudra), and acupressure. These gentle yet powerful tools will help you feel settled, stable, and ready for the rest of your day and to wind down at night. (75 minutes w/ 200 hr YACEP CEs)



Jennifer works in private practice as a Licensed Clinical Professional Counselor (IL)/Licensed Mental Health Counselor (IN) and yoga teacher in the suburbs of Chicago. She has taught yoga for 15 years and enjoys integrating various hatha yoga asana, meditation, and even a little Ayurveda with her psychological work. As a Somatic Experiencing™ Practitioner, Assistant, and Session Provider, she enjoys helping others to transform their stress and traumas into a more regulated state of being and feeling “safely alive “in their bodies. Jennifer also incorporates acupressure, other touch work, essential oils, nutritional healing, guided imagery, ANFT-certified forest therapy, affirmations, and more. Other certifications or training include DARE, advanced Perinatal Mood and Anxiety Disorders (PSI), Reiki Level II, Polyvagal Theory in Therapeutic Yoga, Somatics of Emotions, and Professional Educator License in School Psychology. In her free time, Jennifer enjoys spending time with family and friends, being in nature, at her favorite sit spots, hiking, singing, volunteering, making smoothies, and keeping fit.

Website: [Phoenix Rising Solutions, LLC](https://www.phoenixrisingsolutions.com) Facebook: [@phoenixrisingsolutions](https://www.facebook.com/phoenixrisingsolutions) Instagram: [@psychologyyogagirl](https://www.instagram.com/psychologyyogagirl/)
Professional Links: [Psychology Today](https://www.psychologytoday.com), [Postpartum Support International](https://www.postpartuminternational.com), and [Somatic Experiencing](https://www.somaticexperiencing.com)

Program Description with Presenter Information

The Rest of the Inspirational Team of Presenters

Cynthia Gran, E-RYT-500, YACEP

Ayurveda Self-Care for the Winter Months * 11:30am-12:30pm Central

We will cover some basics of Ayurveda, emphasizing its winter principles. Several self-care techniques and foods will be explored with recipes! We will practice a deep relaxation yoga pose to benefit many systems of the body at once. Please have a yoga bolster and/or 4 or 5 pillows plus 3 blankets for this session. (60 minutes w/ 500 hr YACEP CEs)



Cynthia's teaching style is gentle and introspective, emphasizing self-awareness and bringing our spiritual life into the world. She has taught ayurveda, vegetarian cooking, herbalism, and aromatherapy. She has studied yoga since 1978 and began her career in the natural foods and wellness retail world in 1979. She was a chef at the Chicago Diner and later owned and operated the Annapurna Herb Shop. Initiated into the Himalayan Yoga Tradition in 1985, she was a resident at the Himalayan Institute of Yoga Science and Philosophy for six years, serving in several capacities. She wrote the column called "Yoga From My Experience" for *Conscious Community Magazine* (formerly *The Monthly Aspectarian*) and infrequently blogs at <http://cynthiagran.wordpress.com/>. She currently lives in Tucson, Arizona with her kalyanamitra, Gary Gran, and their dog Paco. Currently she volunteers to read to children at a local kindergarten, cooks and gardens most days, sings a little, supports local music a lot, hikes in the Saguaro National Park, and endeavors to keep a balanced life.

Blog: [Yoga From My Experience](#)

Gary Gran, CYT, D Ay

From Sound to Silence * 1-2pm Central

In this experiential session, we'll explore the science of mantra, and the relationship of sound to space, prana, mind, and light. We'll begin by working with various vocal sounds directed from inside out. Then we'll explore the ways to direct the sounds inward to help revitalize the body and lead the mind to silence. (60 minutes)



Gary Gran CYT, D Ay is a yoga teacher and Ayurvedic educator who lives in Tucson, Arizona. He is certified in yoga science and philosophy by the Himalayan Institute Teachers Association and the International Himalayan Yoga Teachers Association. He received training in Ayurveda as taught within the Himalayan tradition and was certified by the Ayurvedic Institute of Albuquerque in Ayurvedic Studies and awarded Diplomate status in Ayurvedic Health Science by the American Ayurvedic Association. Gary has also trained in the Kriya yoga tradition, Sufism and Tibetan Buddhism. He has published more than seventy articles on Ayurveda and yoga.

Blog: [Ayurvedic Lessons](#)

Program Description with Presenter Information

Magdalena Weinstein, CYT, SEP, TST, SSP

Restorative and Nurturing Somatic Practices * 2-3:15pm Central

This class features embodied touch, movement, and visualizing practices based on co-regulating touch work, principles of yoga nidra, energy work and Somatic Experiencing practices to support deep rest, nervous system regulation and reset for the winter season. (75 minutes).



Magdalena is bilingual and bicultural, is a Somatic Trauma Specialist that offers interventions using Somatic Experiencing®, Touch Skills, Neuro-Linguistic Programming, Safe and Sound Protocol (SSP), Parts Work, and Brain-Based integration. Blending the fields of Somatics, Neurology and Social Justice, she is committed to helping individuals and groups transition towards personal, ancestral and collective trauma healing, somatic liberation, and ultimately being at home and at ease in themselves, and the world. Her specialties are developmental and complex trauma, C-PTSD, PTSD, chronic conditions, domestic violence and sexual assault trauma and social justice dynamics including racial trauma, immigration trauma and war trauma. Originally from Chile, she was born and raised in Dictatorship for her first 17 years of life and immigrated to USA in 2004 in her 30's. She currently lives in Mendocino, Northern California (unceded Pomo Territory), with her husband, their two kids, two dogs, cat, and snakes. She has a private practice in her home studio where she sees clients live and online, teaches yearly immersions on empowerment, liberation, regulation and creativity, and assists at Somatic Experiencing Trainings.

Website: [Magdalena Weinstein](#) Facebook: [@magdalena.weinstein](#) Instagram: [@magdalenaweinstein](#)

Maneesha McClure, LMT, CST, NMT, SEP

The Transforming Power of Joy

(Body-Based Dance Therapy) * 3:30-4:45pm Central

Learn ways to change how we respond to stressful events by connecting to joy and movement through the lens of polyvagal science. We will utilize various Somatic Experiencing techniques, mindful inquiry, acceptance, and dance to facilitate energetic release and join the universal rhythm of healing. Expand your capacity to be and feel more alive and dissolve traumas with this transformational class. (75 minutes)



Maneesha has been a Dance Therapist since 1986. She is also a Childhood Development/Trauma therapist, therapeutic bodyworker, and Somatic Experiencing Practitioner. As well as being very experienced in SE trauma work, SE touch and various bodywork modalities, she is also trained in Therapeutic Hypnosis, Past Life Regression, Reiki and Metaphysical Reading and Energy Work. She has been on a path of meditation since 1973. She developed a unique way of using dance to transform negative emotions, understand and connect more deeply with one's true self known as Dance Alchemy.

Website: [Dance Alchemy](#) Instagram: [@maneeshamcclure](#)

Program Description with Presenter Information

Andre Peraza

Sound Journey Gong Meditation * 5-6pm Central

The gong is a powerful instrument that works on many levels to heal the listener. Let the sonic vibrations penetrate through the body and stimulate healing, clear the mind, and bring deep relaxation. We're all on our own spiritual journey and the gong helps us see the path more clearly.
(60 minutes)



Andre has been a Sound Healing Practitioner for 12 years, specializing in Sound Journeys, Drum Circles, and Shamanic Drum Journeys. He is also a Tarot Reader/Teacher and co-founder of The Midwest Tarot Society.

Facebook: [@gongguru1](https://www.facebook.com/gongguru1) Instagram: [@andreperazaart](https://www.instagram.com/andreperazaart)

Seminar Features and Tips

Online Format

Embodied Mindfulness for Self-Care will be a Live Seminar. We look forward to your participation by connecting with your energy during the different classes, asking questions or providing feedback in the Q&A, and providing us feedback after the Seminar has concluded at [this email address](#). Please let us know about your experience so that we can learn and grow in the process of supporting your learning and growth. We enjoy your feedback, even constructive criticism.

We have provided a couple 15-minute breaks and a lunch break so that you can rest, use the restroom, or attend to other needs before rejoining. Most classes will have some active and some passive components, so pace yourself and do what you can do. The classes are designed to accommodate wherever your physical level is. Remember, if something does not feel good, then do not do it.

As a health disclaimer: We do not claim to diagnose and/or treat any health condition. Our tips are mainly to support your health. Please check with your doctor or health care provider before starting on this online journey.

Helpful Tips, Items, and Props

We have compiled some information to help you make the most of your experience.

- ♥ Find a quiet space where you will not be disturbed.
- ♥ Have plenty of water or other healthy beverages on hand and eat healthy to keep your body in good "working" condition for the duration of the Seminar.
- ♥ Wear comfortable clothing to keep yourself at an optimal temperature.
- ♥ We encourage the use of blankets and pillows, especially for the Ayurveda class with Cynthia. You may want to have them handy for all classes, especially for times when you may lie on the ground, bed, or couch for rest periods during class or for the gong meditation with Andre. Sitting in a chair is another option.
- ♥ Use of a journal, pen, (colored) pencils, or other writing /drawing instruments may aid in note taking of class information and/or inspiration and insights that may arise.

We hope to have a recording available for purchase a few weeks after the Seminar. For attendees, there will be a discount to purchase this. Look for details on the [Phoenix Rising Solutions, LLC website](#). Thank you and be well!