

SATURDAY FALL WORKSHOPS

FWK1 CULINARY AROMATHERAPY

★ **NEW**

Patricia Ann Starr, RA, LMT

Did you know the proper use and knowledge of essential oils can make your meals especially delicious as well as enhance your health? This unique and exciting workshop gives you a whole new set of extraordinary culinary tools and adds “wow” to the menu!

Patricia Ann Starr, RA, LMT, is the owner and founder of Integrated Healing Arts LLC and Essential Eve's Garden Apothecary with over 25 years of experience as a healing arts practitioner and teacher. She holds a diploma in aromatherapy, is a nationally registered aromatherapist and licensed massage therapist and has a BS in psychology.

10:00 AM-12:00

Saturday, November 11

One session

Members \$25

Non-Members \$30

YOGA FOR BONE HEALTH & YOGA NIDRA — Two Back-To-Back Workshops — TAKE ONE OR BOTH!

★ **NEW**

Lisa Danahy

Learn specific, scientifically proven yoga poses for bone health with a how-to for creating your own 15-minute yoga practice at home. Fully rejuvenate and restore yourself on all levels with Yoga Nidra (“yoga sleep”), a guided meditation for reducing stress and relaxing on a deep level. Experience the power you have to create calm and well-being. **Take one or both workshops.** All fitness levels welcome. No prior yoga experience needed. A healthy lunch buffet will be provided for an extra \$10 per person, payable at the office on the day of the workshops.

Lisa Danahy is an E-RYT 200 (500+ training hours), YACEP, certified yoga instructor and Divine Sleep® Yoga Nidra guide and trained in the advanced practices of Dynamic Gentle Yoga who leads private and group yoga classes nationwide.

FWK2

10:00 AM-12:00

Saturday, November 11 AM

Yoga For Bone Health

Members \$30

Non-Members \$35

FWK3

1:00-2:30 PM

Saturday, November 11 PM

Create Calm: Yoga Nidra

Members \$20

Non-Members \$25

FWK4 DE-STRESSING FOR THE HOLIDAYS:

★ **NEW**

Spa For The Spirit — GIVE YOURSELF THIS GIFT!

Evaleon Marilyn Hill

As the holidays approach are you experiencing joyful anticipation or increasing pressure? **This full day retreat** will guide you into meditation, visualization, and relaxation exercises to help you handle and transform stressful situations and discover your own inner harmony. After lunch (a healthy buffet with veggie options), students will take a silent, meditative nature walk at Durante Park (either car-pool or walk to park) and then conclude at the school with reflections on their experiences and readings of inspirational passages.

Evaleon Marilyn Hill has conducted meditation classes and retreats, based on Eastern and Western traditions, for 25 years in New Jersey and now Florida. She is also an attorney and was an adjunct professor at Montclair State University, NJ.

10:00 AM-3:00 PM

Saturday, November 18

One session

Members \$65

Non-Members \$75

(Lunch included.)

SATURDAY FALL WORKSHOPS (CONT.)

FWK5 BASIC BUDDHISM

★ **NEW**

Gen Kelsang Chonden

Students will learn the basics of Buddhist beliefs, meditations, and way of life, and how the simple and practical teachings of Buddhism can help develop inner peace, love, and patience in today's complex world.

Gen Kelsang Chonden, is the resident teacher of Kadampa Meditation Center Florida. He is a long time student of Geshe Kelsang Gyatso and has been practicing Kadampa Buddhism for over 30 years.

10:00 AM-12:00
One session

Saturday, December 2
Members \$25 Non-Members \$30

FUN AND EASY ENTERTAINING FOR THE HOLIDAYS

★ **NEW**

Joe Cucculelli

Chef Joe is back by popular demand with new ideas on how to make fun appetizers for your holiday entertaining. There will be demos and hands-on participation. And of course we will munch on all the goodies that Chef Joe prepares. Take one or both workshops!

Chef Joe Cucculelli began learning his culinary craft and artistic style at Kaiyo in Islamorada, Florida, where he worked as a chef after graduating with a culinary degree from Johnson and Wales University in North Miami, Florida. He has worked at some of the finest country clubs up north and travels extensively cooking and educating. He is the proud owner of "Mother Trucking Good," a food truck specializing in gourmet street eats and catering.

FWK6

11:00 AM-1:00 PM

Saturday, December 2 AM

Sushi Made Easy

Members \$40 Non-Members \$45

FWK7

1:30-3:30 PM

Saturday, December 2 PM

Tapas, Spreads & Dips

Members \$40 Non-Members \$45

STAY IN THE KNOW...

Make sure the office has your **email address** so that we can eblast you with reminders of what's coming up and announcements of special programs and events that are not in the brochure. Also, check the bulletin board in the main hallway next to the elevators. **NOTE: RECEIPTS FOR PROGRAMS AND MEMBERSHIPS WILL NOW BE SENT BY EMAIL.**