

# ALL NEW WINTER WORKSHOPS

## Self-Care Saturdays

**WWK1** NEW YEAR, NEW YOU! *Begin The New Year With A Reboot!*  
*Evaleon Marilyn Hill*

This full day retreat will help you manifest your positive intentions for the New Year by discovering deeper reserves of strength, clarity, and joy. You start the day with guided meditation, relaxation, and visualization exercises. After a healthy lunch (with veggie options), you will be guided in a silent, mindful walk at Durante Park (either car-pool or walk to park) to enjoy the spiritual beauty of nature and then conclude at the school with reflections on your experiences and readings of inspirational passages. You will emerge from this day a new you — restored, refreshed, and ready to make it your best year yet!

See Biographical Sketch on page 6.

**10:00 AM-3:00 PM**      **Saturday, January 6**  
**Members \$65**      **Non-Members \$75 (Lunch Included)**

**WWK2** LIFE IN BALANCE: *Learn How To De-Stress*  
*Diane Lang*

The stress-filled situations in our lives can take away from our happiness and health. Learn techniques to manage stress effectively and regain a sense of peace and balance in your life. You will learn tools to manage your stress; the dangers and consequences of stress; relaxation techniques; simple breath exercises; and how to identify stress triggers. Diane also teaches Positive Psychology on Fridays in January, see page 36.

See Biographical Sketch on page 36.

**10:00 AM-12:00**      **Saturday, January 20**  
**Members \$30**      **Non-Members \$35**

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

*Lisa Danahy*

For Workshop Descriptions see page 6.

**WWK3**      **Saturday, January 20**      **AM**  
**10:00 AM-12:00**      **Yoga For Bone Health**  
**Members \$30**      **Non-Members \$35**

**WWK4**      **Saturday, January 20**      **PM**  
**1:00-2:30 PM**      **Create Calm: Yoga Nidra**  
**Members \$20**      **Non-Members \$25**

**WWK5** HEALING YOGA  
*Angelena Craig*

Yoga unites body, mind and spirit. This union is the primary healing modality of yoga's centuries-old holistic system for enhanced health and well-being. This workshop will focus on helping people with health challenges who will benefit from special healing postures, relaxation, breathing, and meditation exercises. No experience with yoga is required, just a desire to find your inner healing powers. Wear exercise clothing.

See Biographical Sketch on page 3.

**10:00 AM-12:00**      **Saturday, January 27**  
**Members \$30**      **Non-Members \$35**

## ALL NEW WINTER WORKSHOPS SELF-CARE SATURDAYS (CONT.)

### **WWK6** TAPPING INTO FORGIVENESS — *Find Happiness Without A Pill!* *Darlene Coleman*

Let go of anger and blame. Find peace in any situation. Heal relationships. Emotional Freedom Technique or “Tapping” is an effective form of manual neuro-modulation and can help you move out of physical and emotional pain caused by old wounds and into forgiveness. Tapping on certain energy meridians is a way of unplugging particular dysfunctional programs in the brain, and it is all at your fingertips!

*Darlene Coleman is a certified life coach (CLC), neuro-feedback technician, hypnotherapist, Reiki master/teacher. She has a practice at MindSpa in Sarasota.*

**1:00-3:00 PM**                      **Saturday, January 27**  
**Members \$30                      Non-Members \$35**

### **WWK7** ORGANICALLY YOURS — *Open Yourself To A Vibrant Healthy Life Through Clean Living* *Patricia Diesel*

What is clean living and how can it make your life better? If you are suffering from chronic disease, work/life imbalance, disorganization/clutter, anxiety or stress — this workshop is for you! The morning will be divided into three sections — mind, body, and environment. A step-by-step process will teach you how to: make nourishing food choices; enjoy healthier lifestyle habits; and create living spaces that promote calm, tranquility, and a sense of order and well-being. It’s easier than you think and you can begin applying what you learn immediately, to enjoy a vibrant, healthy life!

*Patricia Diesel, is sought-after speaker, empowerment coach, columnist, and author of Organically Yours — Open Yourself To A Vibrant Healthy Life Through Clean Living.*

**1:00-4:00 PM**                      **Saturday, January 27**  
**Members \$30                      Non-Members \$35**

### **WWK8** THE USE AND APPLICATION OF ESSENTIAL OILS – *For Beauty, Vitality and Focus* *Patricia Ann Starr*

The use of living plant medicine, known today as aromatherapy, has been with us for hundreds of years. Modern aromatherapy gives us a way to reconnect with the healing powers of the extracted oils and use them simply and effectively in our daily lives for natural health care with lasting benefits. We will explore how and which oils to use to enhance our skin, our mind, our breathing, and for supporting our immune system.

*See Biographical Sketch on page 6.*

**10:00 AM-12:00**                      **Saturday, February 3**  
**Members \$30                      Non-Members \$35**

### **WWK9** YOGA FOR BONE HEALTH & YOGA NIDRA — *A Mini Retreat* *Lisa Danahy*

For Workshop Descriptions see page 6. This workshop combines both bone health and yoga nidra workshops into one for a shorter version. Snacks and breaks will be incorporated into the afternoon.

**1:00-4:00 PM**                      **Saturday, February 10**  
**Members \$40                      Non-Members \$45**

# SATURDAY WINTER WORKSHOPS

*THE FUN STUFF!! ALL NEW!*

**WWS1** ENJOYING THE GREAT OUTDOORS: *An Insider's Guide to Longboat Key and Nearby Recreational Areas*  
*Rusty Chinnis*

For Workshop Description see page 5.

**2:00-4:00 PM**                      **Saturday, January 20**  
**Members \$30**                      **Non-Members \$35**

**WWS2** SCIENCE IS MAGIC!  
*Bruce Segal*

You will be entertained with seemingly inscrutable science tricks while at the same time learning how to perform the illusions yourself. This workshop includes a basic refresher course on scientific principles as well as an inside explanation of how common pranks and deceptive magic tricks are performed. Armed with a list of ingredients, simple props, and “how-to” demos, you will be able to amuse your friends and family at home!

*Bruce Segal* has been presenting a variety of educational/entertaining programs for children and adults of all ages for over 25 years in schools and community centers locally and in the Pennsylvania area.

**1:00-3:00 PM**                      **Saturday, January 27**  
**Members \$30**                      **Non-Members \$35**

**FUN AND EASY ENTERTAINING**  
*Joe Cucculelli*

Chef Joe is back by popular demand with new ideas on how to make fun appetizers for fun and easy 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!

*See Biographical Sketch on page 7.*

**WWS3**                                      **Saturday, February 10**  
**11:00 AM-1:00 PM**                      **Sushi Made Easy**  
**Members \$40**                      **Non-Members \$45**

**WWS4**                                      **Saturday, February 10**  
**1:30-3:30 PM**                              **Tapas, Spreads & Dips**  
**Members \$40**                      **Non-Members \$45**

**WWS5** SNAP TO PRINT — **Managing Your Images on iCloud**  
*Jeffrey Paul Gunthart*

In this hands-on workshop we will learn file navigation and organization and the best practices for image management on your iPhone from start to finish. We will review the benefits of iCloud storage as well as how to manually manage your files on your PC or Mac. Going further, we will explore options for getting files to print so that your images can be enjoyed outside of the digital realm. Bring your iPhones fully charged. This workshop is for people who have a good working knowledge of their iPhones.

*See Biographical Sketch on page 40.*

**1:00-3:00 PM**                      **Saturday, February 24**  
**Members \$30**                      **Non-Members \$35**