

From: Urban Zen <info@urbanzen.com>

To: Jeffrey <jeevacation@gmail.com>

Subject: Urban Zen Special Event: Hatha Yoga with Richard Rosen

Date: Thu, 10 Nov 2011 00:31:12 +0000



Thursday, November 17, 2011 | 6:00PM – 8:00PM



Experience the heart of traditional Hatha yoga in this two hour journey through pranayama and the body of supporting exercises known as seals (mudras) and bonds (bandha) that evolved alongside of the practice of asana. We will also explore several very simple yet potent visualization/meditation practices which, when intelligently combined with the breathing and body exercises, provide the practitioner with a powerful vehicle for significant transformation. In this workshop we'll explore some of these long-forgotten practices of traditional Hatha Yoga (and don't worry, we'll have some asanas too).



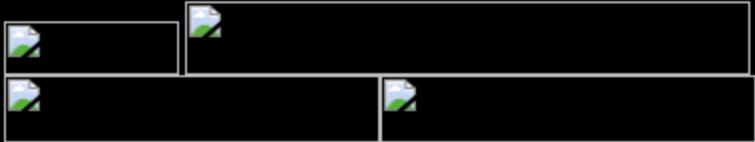
Wednesday, November 16, 2011 | 6:30PM – 8:00PM



Urban Zen Center welcomes NY Yankee Mark Teixeira with Sports Chiropractor and soft tissue consultant to the Yankees, Dr. Gil Chimes as they join Dr. Frank Lipman for the latest in his series, "Conversations on Wellness." Part of the discussion will include how all movement, from walking to high-level sports to intense training and high stress lifestyles can increase your risk of musculo-skeletal injuries, forcing the body to react. How your body adapts is crucial as it can become detrimental when it places excessive stress on body parts that cannot tolerate the increased workload. These adaptations need to be identified and corrected, whether you are a professional sportsman, weekend warrior, or even if you only exercise occasionally in order to achieve optimal performance or just improved function. Functional Integrated Therapy (FIT) is an alternative and holistic approach, which corrects these adaptations and leads to improved stamina, function, focus and resilience to maximize wellness and performance.

Tuesday, November 15, 2011 | 10:00AM – 5:00PM

All families deal with transition. The birth or adoption of a child, the loss and grief of a death in the family, divorce, relocation, illness or addiction, financial restructuring and so much more have a deep impact on every family member, especially our children. Please join Dr. Karyn Purvis and Susan Eldredge as they guide us through understanding, dealing and healing with your family in transition.



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