

Transformational Weekends Registration Form

Register on or before April 12 for this pricing

Check all that apply:

Anodea Judith PhD.

- Friday, May 14, 7pm, "The Illuminated Chakras; an Inner World Excursion (\$35)
- Saturday and Sunday, May 15-16, 10am-5pm, "Seven Windows to the Soul"-
Weekend Workshop (\$245 includes Friday night))
- Saturday, May 15, 6pm-7pm, "Dance your Chakras" with Robin Bach (Included
with Weekend Workshop)

Dr. Judith is registered in California for Continuing Education in the following areas. Please check the appropriate box if you need a certificate for this workshop to turn into your governing body,

CE Credits

This program is eligible for :

- 15.5 credits for social workers (SW), \$20 additional charge
- 15.5 credits for certified counselors (NBCC), \$20 additional charge
- 15.5 credits for massage and body workers (NCBTMB), \$20 additional charge
- 15.5 credits for yoga instructors (YA), \$20 additional charge

David Bercei PhD.

- Saturday June 12, 10am-5pm, "TRE Session 1" (\$115)
- Sunday June 13, 10am-5pm, "TRE Session 2" (\$115)
- Saturday and Sunday June 12-13 10am-5pm, "TRE Session 1&2" (\$220)
- This class can be used towards practitioner requirements, but you must register separately to qualify as a practitioner trainee by contacting Dr Bercei at www.traumaprevention.com*

Name: _____ date _____

Course location: Crestwood Center

Your Address _____

City _____ State _____ zip _____

Home phone _____ cell phone _____

E-mail _____

Cancellation Policy: No refunds unless Presenter cancels workshop

Please fax this form to 314-821-5819 and pay through PayPal www.RobinBachNia.com

Or

Mail this form with check # _____ to: Robin Bach

Payable to Robin Bach

317 N Woodlawn Ave
Kirkwood, MO 63122

Transformational Weekends

Registration Form

PROGRAM DETAILS

Presenter: **Anodea Judith, PhD.**

Crestwood Center- All That Dance Studio-

Seven Windows to the Soul May14-16

This workshop will introduce you to the experience of the seven sacred energy centers, or chakras, that spin at the core of your being, generating your life patterns and physical health. Combining yoga and bioenergetic exercises with guided meditations, partner work, breath, sound, art, and dynamic discussions of chakra principles, you'll gain valuable tools for self-diagnosis and healing of common energetic blocks as well as a developmental framework for how those blocks came to be. The approach addresses both body and psyche, blending developmental psychology and Jungian concepts, as well as both Eastern and Western somatic studies. Past participants have called this workshop "empowering," "enlightening," and "transformational."

Friday 7-9 pm \$35 Sat-Sun 10-6 \$245 (includes Friday Night)

Presenter: **David Berceli, PhD.**

Crestwood Center- All That Dance Studio

TRE Workshops June 12 & 13

Remove the effects of stress from the body

Reduce tension and lower anxiety

Bring a lasting sense of peace and calm

Relieve chronic neck and shoulder pain,

Address lower back pain and gastrointestinal problems,

Learn a form of self-care to use for the rest of your life

One Day \$115 Two Days \$210 (10am-5pm both days)

You may attend one or both days

These prices apply to tickets purchased before April 12, 2010

This class can be used towards practitioner requirements, but you must register separately to qualify as a practitioner trainee

David Berceli, PhD, is an international expert in the areas of trauma intervention and conflict resolution. He is the creator of a revolutionary and unique set of Trauma Releasing Exercises (TRE) that release the deep chronic tension created in the body during a traumatic experience.

Please bring yoga mat/pillow/bolster or whatever you need to feel comfortable, and dress for comfort for either workshop as there will be movement in both. Although no prior experience in Yoga is needed, participants must be able bodied

Please arrive 30 minutes prior to start time on first day.

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For more information contact:

Robin Bach 314-566-5855, for will call on-line www.robinbachnia.com or Ticket sales at Center for Mind Body Spirit 7649 Delmar Boulevard St Louis, MO 63130-3910 (314) 725-6767