

Spiritual Harvest - Nurturing the Body with Christian Yoga

September 27 – November 1, 2011

Six Tuesdays

6:00 – 7:15 pm

\$90



As we return to our busy fall schedule, let us schedule time for nurturing ourselves. As we enjoy the bounty of the autumn's harvest and the bright colors of the season, let us reap our spiritual harvest by focusing our attention on the body and breath to prepare the mind and heart for quiet reflection, prayer and contemplation. Our contemplative practices are deepened when the body soothed, strengthened and relaxed.

In this six-week series, we will undertake the physical and energetic discipline of a body-and-breath practice through a style of yoga that is safe and accessible for everybody. We will begin the class with a passage from scripture setting our intention for each session and as a basis for reflective chanting (in English) to draw our minds inward. The class will include deep relaxation, breathing practices, chanting scripture, concluding with a short silence.

Register on our website www.mercy-center.org



Dawn Summers is a practicing Christian, a certified yoga instructor and yoga therapist in the tradition of *Viniyoga*. She teaches Lenten Yoga classes at Mercy Center, and conducts annual church retreats on the theme of “Yoga and Christianity.” She has taught yoga since 1985 and lives in Pacifica, CA. For more information, see back of flyer and Dawn’s website: www.newdawnnyoga.com

See reverse side for more information on Dawn Summers.





Dawn Summers was initially drawn to yoga in 1983 for inspiration and support during a major personal transition. She also wanted to improve certain spinal imbalances with the practice of yoga. She discovered yoga provided a source of comfort and stability, as well as improving her back and producing an overall feeling of well-being.

She deepened her commitment to the practice of yoga and became a teacher in 1985 through Swami Satchidananda's Integral Yoga. Continuing her dedication, Dawn became certified again in 1992, successfully completing a two-year teachers training program by Gary Kraftsow in the Viniyoga tradition of Krishnamacharya and his son, T.K.V. Desikachar. In 2001, she was the first to be certified at the most advanced level through American Viniyoga Institute - as a Yoga Therapist. She continues to study with her teacher, Gary Kraftsow (author of *Yoga for Wellness*, and *Yoga for Transformation*); and assists him with teacher's training programs.

In 1994, she also journeyed to Madras, India and received additional training at the Viniyoga school under supervision of T.K.V. Desikachar. From her study and application of yoga philosophy, she has developed an understanding of the yogic process towards greater mental clarity and equanimity.

Dawn is the Teacher Training Coordinator for American Viniyoga Institute and is on the faculty of the AVI Yoga Therapy Training. She has works therapeutically with people with a variety of different conditions, including pelvic pain, post-surgery recovery, back pain and sciatica, hypertension, prostate cancer, panic disorder, depression, arthritis, and many other conditions. She is also certified by the Arthritis Association to teach the exercise classes for people with arthritis (P.A.C.E. program).

