

## SHORT WALL WORKSHOP

at The Spencer Hotel in Chatauqua, New York

**Three days of health and wellness.** Begin the journey to emotional and physical well-being through a holistic approach to a more balanced and healthy lifestyle.

The **Shortwall Workshop** will consist of instruction in **Deepak Chopra's** Primordial Sound Meditation, twice daily Yoga instruction, a Reiki session, an introduction to Ayurveda-the science of life and an optional massage.

Primordial Sound Meditation is a silent mantra technique that originates from the ancient knowledge of India. It is one of the most powerful tools there is to help restore the harmony within, gain access to our bodies' inner intelligence and evolve to a higher state of consciousness. Research has shown that it reduces stress and fatigue in addition to having benefits for a wide range of health problems. It allows the mind and body to function with maximum effectiveness. *Primordial Sound Meditation* enriches all aspects of your life-body, mind and spirit.

Yoga in Sanskrit means union. It originates from India and is a prominent aspect of Ayurveda. When practiced mindfully, it allows for a natural balance and integration of body, mind and spirit. The inner peace and well-being created allows our natural state of perfect health to be re-established. An aspect of Yoga is a set of physical postures (asanas) that includes specialized breathing techniques (pranayama) and gentle stretching. *Yoga* promotes flexibility, balance and the healing of deep relaxation in the physical body while opening a path to higher knowledge.

Reiki is an ancient Japanese system of healing. It uses a technique for transmitting universal life force (energy) through the hands into the human energy system. Reiki restores energy, balance and vitality by relieving the physical and emotional effects of unreleased stress and detoxifying the system. It treats the whole person including body, emotions, mind and spirit creating many beneficial

effects that include relaxation, feelings of peace, security and well being. *Reiki* is a simple, natural and safe method of healing and self-improvement that anyone can use. It can work in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Ayurveda is a Sanskrit word meaning “science of life”. It is a complete system of health care cognized by the seers (rishis), and developed over 5000 years of observation, experimentation and meditation. Its’ focus is on, first, prevention of disease then rejuvenation of the body and finally, longevity. At Ayurveda’s foundation is the belief in a unified field. The elements, forces and principles that comprise the cosmos and nature are also found in human beings. Universal consciousness is an intelligent field of energy and information that gives rise to the physical world we perceive through our five senses. It includes, but is not limited to, a lifestyle based on appropriate daily and seasonal routines, diet and the practice of meditation and yoga. *Ayurveda* recalls us to integration, balance and harmony with all of nature enabling the human body to be self-perpetuating and self-correcting just as the universe is.

Please join us!

**Melanie Baird**, Certified Instructor- **Deepak Chopra’s** *Primordial Sound Meditation*

Graduate of **Deepak Chopra’s** training in Mind Body Medicine & Ayurveda

**Karen Pate**, Certified *Usui System* Reiki Master

**Lori Thomas**, Certified *YogaFit* Instructor

Namaste