



## PTSD Yoga for Wellness - Wellness Pod

This is simply a class to remember your wholeness. It will be especially helpful for individuals who live with Post Traumatic Stress Disorder (PTSD), or who have experienced trauma in their lives. Michal Curry, CHTP (certified healing touch practitioner), CYI (certified yoga instructor) brings her experience of energy healing of the body and teaching hatha yoga to create a multi-level experience for students to gently and safely come back into the body in order to heal. This class includes tools for each student to experience, practice and learn, which will then go with them into their daily lives. In this class, each participant is encouraged and empowered in his or her own journey of wholeness and healing.

The **1st four weeks** focus on specific breathing techniques, asanas (poses) for the body, mantras for the mind and qi gong. This combination creates space to practice our "observer self" that notices and attends to the whole self - mind, body, breath.

The **2nd four weeks** focus on learning the Head to Heart technique, an energy technique that begins to reset the "fight-or-flight" response in the mind/body. We will experience this technique together, practice on others, and learn to do it on ourselves. We will practice this technique during the last three classes along with our breathing, yoga poses, mantras, and qi gong.

You will have the opportunity to bring a friend or family member to the last class to share this experience and knowledge with them.

The workshop is being held at Santa Fe Soul Health and Healing Center. The facility has yoga mats, blankets and bolsters. If you have your own, please feel free to bring them. Please wear comfortable clothing, bring water and a journal.

This is your Journey with your mind, body and breath.

Just BREATHE...

**July 6 – August 24, 2011**

**Wednesday evenings  
from 6:45pm – 8:30pm**

**Apply for scholarships online**

**12 Scholarships available**

**Deadline to apply: June 22**

**Call 501-9300 for more details**

Classes will be held at  
Santa Fe Soul Health & Healing Center  
2905 Rodeo Park Drive East Bldg 3

★ Apply online at [santafesoulfoundation.org](http://santafesoulfoundation.org) or drop by 2905 Rodeo Park Drive East Bldg. 3 Santa Fe, NM ★

Other Wellness Pods being offered on stress reduction strategies, chakra balancing, family wellness, and taking steps to realize your goals