

The Open Mind Center Class Calendar - August 2010

Saturday 7/31/2010

10:00am-4:00pm- **Psychic Matthew Sakunna**
Monday 8/2/2010

9:30am-11:00am- **Say it with Art (ages 6-10)**
 6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:15pm-7:30pm- **Grounded Yoga (yoga for kids)**
 7:00pm-8:30pm- **Yoga-Svaroopa®**

Wednesday 8/4/2010

9:30am-11:00am- **Say it with Art (ages 11-16)**
 12:00pm-2:00pm- **Lunchtime at TOMC**
 6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:30pm-8:00pm- **Yoga-Svaroopa®**
 7:00pm-8:00pm- **Meditation for All- Intuitive Hits**

Friday 8/6/2010

10:00am-11:15am- **Kundalini Yoga**
 10:00am-11:15am- **Grounded Yoga (yoga for kids)**

Saturday 8/7/2010

9:45am-11:00am- **Yoga-Hatha (All Levels)**
 10:00am-11:30am- **Yoga-Svaroopa®**
 11:00am-5:00pm- **Open House**
 1:00pm-2:30pm- **Paint What You Feel**
 7:00pm-10:00pm- **FieldGood Cooking Class**

Monday 8/9/2010

9:30am-11:00am- **Say it with Art (ages 6-10)**
 6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:15pm-7:30pm- **Grounded Yoga (yoga for kids)**
 7:00pm-8:30pm- **Yoga-Svaroopa®**

Tuesday 8/10/2010

7:00pm-8:30pm- **Introduction to Munay- Ki**

Wednesday 8/11/2010

9:30am-11:00am- **Say it with Art (ages 11-16)**
 6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:30pm-8:00pm- **Yoga-Svaroopa®**

Thursday 8/12/2010

6:00pm-7:30pm- **Hot Yoga**

Friday 8/13/2010

10:00am-11:15am- **Kundalini Yoga**
 10:00am-11:15am- **Grounded Yoga (yoga for kids)**

Saturday 8/14/2010

9:45am-11:00am- **Yoga-Hatha (All Levels)**
 10:00am-11:30am- **Yoga-Svaroopa®**
 1:00pm-2:30pm- **Paint What You Feel**
 4:00pm-5:30pm- **Hot Yoga**

Monday 8/16/2010

6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:15pm-7:30pm- **Grounded Yoga (yoga for kids)**
 7:00pm-8:30pm- **Yoga-Svaroopa®**

Tuesday 8/17/2010

6:00pm-9:00pm- **Trust Your Spiritual Self**

Wednesday 8/18/2010

9:30am-11:00am- **Say it with Art (ages 11-16)**
 6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:30pm-8:00pm- **Yoga-Svaroopa®**
 7:00pm-8:00pm- **Meditation for All**

Thursday 8/19/2010

10:00am-5:00pm- **Advanced Reiki Training (Reiki 3)**
 6:00pm-7:30pm- **Hot Yoga**

Friday 8/20/2010

10:00am-11:15am- **Kundalini Yoga**
 10:00am-11:15am- **Grounded Yoga (yoga for kids)**
 10:00am-5:00pm- **Become a Reiki Master**

Saturday 8/21/2010

9:45am-11:00am- **Yoga-Hatha (All Levels)**
 10:00am-11:30am- **Yoga-Svaroopa®**
 10:00am-5:00pm- **Become a Reiki Master**
 1:00pm-2:30pm- **Paint What You Feel (New Series Begins)**
 2:00pm-4:00pm- **What is Kundlini Yoga & Kundalini Energy**
 4:00pm-5:30pm- **Hot Yoga**
 7:00pm-10:00pm- **FieldGood Cooking Class**

Monday 8/23/2010

6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:15pm-7:30pm- **Grounded Yoga (yoga for kids)**
 7:00pm-8:30pm- **Yoga-Svaroopa®**

Tuesday 8/24/2010

6:30pm- 8:30pm- **Introduction to Caring for the Chakra System**
 6:30pm- 9:30pm- **Intuitive Development Beginning Series**

Wednesday 8/25/2010

6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:30pm-8:00pm- **Yoga-Svaroopa®**

Thursday 8/26/2010

6:00pm-7:30pm- **Hot Yoga**
 6:30pm-9:30pm- **Intuitive Development- Intermediate Series**

Friday 8/27/2010

10:00am-11:15am- **Kundalini Yoga**
 10:00am-11:15am- **Grounded Yoga (yoga for kids)**

Saturday 8/28/2010

9:45am-11:00am- **Yoga-Hatha (All Levels)**
 10:00am-11:30am- **Yoga-Svaroopa®**
 1:00pm-2:30pm- **Paint What You Feel**
 1:00pm-4:00pm- **Radical Forgiveness Ceremony**
 4:00pm-5:30pm- **Hot Yoga**

Monday 8/30/2010

6:15pm-7:30pm- **Yoga-Hatha (All Levels)**
 6:15pm-7:30pm- **Grounded Yoga (yoga for kids)**
 7:00pm-8:30pm- **Yoga-Svaroopa®**

Thursday 8/31/2010

6:30pm-9:30pm- **Intuitive Development- Beginning Series**

The Open Mind Center Class Descriptions-August 2010

Cost; Instructor; Date & Time

Arts & Creativity Classes

Paint What You Feel – and bring your hidden expressionist to class (age 16 – adult)

By the end of this 6-week introductory course you can expect to have a broader understanding of contemporary art and how you can use it to express your ideas. You will grow in confidence with your art practice and learn some key concepts in understanding and appreciating contemporary art.

Investment: \$140 (for 6-weeks); Teacher-Amanda; Offered: Saturdays (7/10-8/14) from 1:00pm-2:30pm

This will be an ongoing course and offered again as Session 2, Session 3, etc with class content being progressive and building upon previous sessions.

Say It With Art -a contemporary art experience for kids (ages 6-10) & (ages 11-16)

Art has a specific purpose. It is a communication tool for those wanting to use visual language to SAY IT WITH ART. Children love to discover new ways to communicate their AMAZING ideas. Contemporary art gives them a wonderful platform to explore new ways of expression. Encourage the creative thinker within your child by giving them the gift of art expression.

Teacher-Amanda; Offered: Mondays 9:30am-11:00am (ages 6-10)
Investment: \$100 for 5 week series & Wednesdays 9:30am-11:00am (ages 11-16) Investment: \$120 for 6 week series

Pre-registration recommended

Holistic Health Classes

Introduction to Caring for Your Chakra System- This class introduces the chakra system and the energetic body that connects us with others and teaches a variety of techniques related to self-balance, cleansing and protection, creating sacred space, and connecting energetically with others—coming together heart to heart. Participants will get an overview of the energetic body, and will experience seeing and feeling it for themselves, and learn some techniques for chakra system self-care.

Investment: \$30; Leader- Gay; Offered: Tuesday 8/24 from 6:30pm-8:30pm

Spiritual Inquiry and Practice Classes

Intuitive Development, Beginning Series- In this 10-week series you will become familiar with Meditation, Mastery of Thought, Transformation, Auras, Health and Spiritual Healing, Chakras, Dreams, and Emotions. The knowledge will be explored through a balance of lecture, meditation techniques and activities. In this series, you can begin to let go of negative programming and inner fears and open to what you want in life.

Investment: \$300 per class; Teacher- Ricia; Offered: Tuesdays 8/24, 8/31, 9/7, 9/21, 9/28, 10/5, 10/19, 10/26, 11/2 & 11/16
From 6:30pm-9:30pm

Intuitive Development, Intermediate Series- This 10-week series will show you how to become even more sensitive to psychic information than you experienced in the beginning classes. The Intermediate classes will continue to be taught through a balance of lecture, meditation techniques, and individual and inter-active activities, yet you will be intensifying the look at yourselves, as well as looking at others by reading and healing each other.

Investment: \$300 per class; Teacher- Ricia; Offered: Thursdays 8/26, 9/2, 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 & 10/28
From 6:30pm-9:30pm

Meditation for All- Making the choice to meditate brings many benefits- and is a simple, uncomplicated act of honoring your mind, body, and spirit. Meditating for half an hour provides more psychological rest than a full night's sleep. As you meditate on a regular basis, you will notice an increased sense of well-being as well as greater energy and creativity. On the 1st Wednesday in August the meditation class will consist of ½ hour discussion and ½ hour meditation. The discussion topic will be Intuitive Hits. Meditation on the 3rd Wednesday in August include a full hour of meditation.

Investment: \$10 per class; Teacher- Ricia; Offered: Wednesday, 8/4 & 8/18 from 7:00pm-8:00pm

Trust Your Spiritual Self- We've all asked ourselves questions with the anticipation and desire of being able to trust that the answer we receive comes from a higher source. How do you know when you have your answer and, if you feel you do, how do you know it's coming from a higher source or your spiritual self? This class will help you understand those signs that come from a higher source and help you to formulate a process to develop a level of trust.

Investment: \$45; Leader- Ricia; Offered: Tuesday, 8/17 from 6:00pm-9:00pm

For a full description of these classes and to register for a class or series, visit us at www.theopenmindcenter.com.

Advanced Reiki Training (Reiki 3)- This course furthers your previous Reiki training and prepares you for Reiki Master training. Pre register by 8/12 as there is prep work for this course. You must bring your Reiki 2 completion certificate to attend this class.

Investment: \$175; Leader- Charlotte; Offered: Thursday 8/19 from 10:00am- 5:00pm

Become a Reiki Master- Friday's Reiki course will certify you as a Reiki Master.

Saturday's Reiki course will certify you to teach Reiki.

Pre register by 8/13 as there is prep work for this course.

You must bring your Reiki 3 certificate or complete the course on Thursday 8/19 to attend this class.

Investment: \$350 Leader- Charlotte; Offered: Friday 8/20 & Saturday 8/21 from 10:00am-5:00pm

What is Kundalini Yoga and Kundalini Energy- Kundalini Yoga utilizes movement, sound, breath and meditation to relax and restore your mind and body while improving strength, flexibility and endurance. Learn how to wake up your Kundalini energy through pranayama (breathwork), asana (postures), mudras (hand positions), bhandas (energy/body locks), chanting and meditation. In this workshop you will experience good techniques for self-development to generate profound and lasting advancement.

Investment: \$50 per class; Teacher- Sedef; Offered: Saturday, 8/21 from 2:00pm-4:00pm

Radical Forgiveness Ceremony- The Radical Forgiveness Ceremony is based on the ancient idea of a healing circle, that has been used by various indigenous populations around the world. This event enables people to automatically forgive themselves and many others besides, all at the same time, without having to reveal their story. It is a safe, non-threatening and powerful healing experience.

Investment: \$45 per class; Teacher- Kym; Offered: Saturday, 8/28 from 1:00pm-4:00pm
RSVP required

Personal Development Classes

FieldGood Cooking Class- Join us every other Saturday evening (8/7 & 8/21) as chef Christophe Le Metayer creates amazing and creative 5 course meals. You will learn cooking techniques and menus that are unlike anything else. It is great food, great conversation and a great time for all.

Investment: \$38 per class; Offered: Saturday, 8/7 & 8/21 from 7:00pm-10:00pm

Yoga, Bodywork and Movement

Hot Yoga- is Hatha Yoga performed in a room at a temperature between 90F- 105F. While class formats will vary, Hot Yoga follows a system of 26 Yoga Postures. Hot Yoga cleanses the mind and body by releasing toxins. It facilitates deeper stretching, improves flexibility and range of motion, develops the immune system and increases the chances of weight loss.

This is an all levels class.

Investment: Drop in rate \$19; Monthly rates: \$73 for 4 classes; \$142 for 8 classes per month; \$187 for 11 classes; \$330 for 22 classes and \$462 for 33 classes; Teacher-Leisy

Offered: Thursdays 6:00pm-7:30pm & Saturdays 4:00pm-5:30pm

minimum 5 students required; so register now!

Classes start 8/12.

Grounded Yoga (for kids)-In Grounded classes, we share the transformational benefits of yoga with children & teens. Each class is based on a theme that will inspire them to manage their physical and emotional responses to life. We begin by tuning in to the bigger picture that we are intrinsically good. From there, we move into poses and flows designed to tap into what all kids and teens relate to in their life. We empower students with breathing techniques that help energize, calm, cleanse, and balance their body and mind and show them how to practice yoga anytime.

Investment: Drop in rate \$15; Monthly rates: \$52 for 4 classes; \$99 for 8 classes per month; \$135 for 11 classes; \$240 for 22 classes and \$320 for 33 classes; Teacher-Amy;

Offered: Mondays from 6:15pm-7:30pm & Fridays from 10:00am-11:15am

minimum 5 students required; so register now!

Kundalini Yoga: Utilize movement, sound, breath and meditation to relax and restore your mind and body while improving strength, flexibility and endurance. This powerfully effective form of yoga stimulates the immune, nervous and glandular systems, helping to bring you back into true harmony. This class is for all levels.

Investment: Drop in rate \$15; Monthly rates: \$52 for 4 classes; \$99 for 8 classes; \$135 for 11 classes; \$240 for 22 classes; \$320 for 33 classes; Teacher- Sedef;

Offered: Fridays from 10:00am-11:15am

Yoga-Hatha- We offer Hatha Yoga. Yoga is an ancient practice designed to prepare the body for meditation. The practice of yoga leads to improved health, increased energy levels, physical and mental stress reduction and an overall increase in self-awareness, self-confidence and well-being.

Investment: Drop in rate \$15; Monthly rates: \$52 for 4 classes; \$99 for 8 classes per month; \$135 for 11 classes; \$240 for 22 classes and \$320 for 33 classes; Teacher-Tiffany; Offered: Mondays and Wednesdays from 6:15pm-7:30pm & Saturdays from 9:45am-11:00am

For a full description of these classes and to register for a class or series, visit us at www.theopenmindcenter.com.

Yoga-Svaroopa®- Excellent For Back Pain - In Svaroopa (Svah-roo-pah-sometimes referred to as bliss yoga) the focus is on alignment and muscles attached to your spine. By holding a pose a little longer muscle tension is released to heal your body and spirit. Svaroopa is especially helpful to those who suffer from physical pain.

Investment: Drop in rate \$15; Monthly rates: \$52 for 4 classes; \$99 for 8 classes per month; \$135 for 11 classes; \$240 for 22 classes and \$320 for 33 classes; Teacher-Julie; Offered: Mondays from 7:00pm-8:30pm; Wednesdays from 6:30pm-8:00pm & Saturdays from 10:00am-11:30am

Special Events

Open House- Please join us for free discussions and demonstrations by our instructors, discounted mini-sessions and tours. Plus, Christophe Le Metayer will prepare food from that night's menu for you to sample. It's a great opportunity to find out more about what the Center has to offer.

Saturday, August 7th from 11:00am-5:00pm

Book of the Month- SHADOW EFFECT: Illuminating The Hidden Power Of Your True Self by **Chopra, Deepak & Williamson, Marianne & Ford, Debbie** The shadow is the name the authors give to the fears, inhibitions, and unspoken impulses that impede us and lead to self-destructive behaviors. Their essays here deal with the history of the shadow, methods for dealing with it, and the relations between the shadow and the soul.

This book came to us HIGHLY recommended by a customer and given the authors it is bound to be enriching and interesting.

Lunchtime at TOMC- Since opening, The Open Mind Center has focused on helping people achieve a "whole", healthy, happy, and inspired lifestyle. We have offered many classes and services to fulfill that goal. In order to help people achieve an improved lifestyle, we will begin offering healthy lunches. These lunches will include tasty wraps, salads and soups, with vegetarian and vegan options. What a great way to restart your day and your week.

Prepared by Christophe Le Metayer; from 12:00pm-2:00pm
RSVP by 8/2

Psychic Matthew Sekunna- Matthew has possessed highly attuned Psychic abilities from a very early age. By the young age of 10, he was already giving psychic and palmistry readings. Matt further developed his psychic gifts by participating in Psychic Development Circles, under the guidance of his father, Dr. Ernest Sekunna. For all of his clients, Matthew ascribes to a high level of accuracy, professionalism and a high standard of ethics, right along with a great sense of humor.

Investment: \$60 for 30mins, \$75 for 45mins, \$100 for an hour; Teacher-Matthew; Offered: Saturday, 7/31 Sessions held from 10:00am-4:00pm

Peace Ceremony- Join us and others as we gather for the prayer reading and blessing of the Shiva Lingam here at the center. This ceremony is in cooperation with the Peace Project in an effort to spread peace throughout the World.

Saturday 7/24; from 5:00pm-6:00pm; Investment is Free, however if you would like, donations may be made to The Peace Project



For a full description of these classes and to register for a class or series, visit us at www.theopenmindcenter.com.