

The Open Mind Center Class Calendar - March 2010

Monday 3/1/2010

6:15pm-7:30pm-Yoga-Hatha (All Levels)
7:30pm-9:00pm-Yoga-Svaroopa®

Wednesday 3/3/2010

6:15pm-7:30pm-Yoga-Hatha (All Levels)
6:30pm-8:00pm-Yoga-Svaroopa®
7:00pm-8:30pm- The Soul's Journey

Thursday 3/4/2010

6:15pm-7:15pm- Belly Dancing (All Levels)

Saturday 3/6/2010

9:45am-11:00am-Yoga-Hatha (All Levels)
10:00am-11:30am-Yoga-Svaroopa®
10:00am-12:00pm- De-Cluttering and Organizing- for Good
11:15am-12:15pm-Belly Dancing (All Levels)
1:00pm-3:00pm-Using Feng Shui to Up-Level your Life

Monday 3/8/2010

6:15pm-7:30pm-Yoga-Hatha (All Levels)
7:30pm-9:00pm-Yoga-Svaroopa®

Tuesday 3/09/2010

6:30pm-7:30pm- Discussion Group- What Helps You Grow?

Wednesday 3/10/2010

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

Thursday 3/11/2010

6:15pm-7:15pm- Belly Dancing (All Levels)

Saturday 3/13/2010

9:45am-11:00- Yoga- Hatha (All Levels)
10:00am-11:30am-Yoga-Svaroopa®
10:00am-4:30pm- Transcend Your Mind, Expand Your Bliss
10:30am-4:30pm-How to Create a Soul Driven Business
11:15am-12:15pm-Belly Dancing (All Levels)

Monday 3/15/2010

6:15pm-7:30pm-Yoga-Hatha (All Levels)
6:30pm-9:30pm- Intuitive Development Series
7:30pm-9:00pm-Yoga-Svaroopa®

Tuesday 3/16/2010

6:00pm-7:00pm- Pendulum Workshop
7:00pm-9:00pm- Caring for Your Chakra System I

Wednesday 3/17/2010

6:15pm-7:30pm-Yoga-Hatha (All Levels)
6:30pm-8:00pm-Yoga-Svaroopa®
7:00pm-8:30pm- The Soul's Journey

Thursday 3/18/2010

6:15pm-7:15pm- Belly Dancing (All Levels)

Saturday 3/20/2010

9:45am-11:00am-Yoga-Hatha (All Levels)
10:00am-11:30am-Yoga-Svaroopa®
10:00am-5:00pm- Communicate with Your Guides and Angels
11:15am-12:15pm-Belly Dancing (All Levels)
1:00pm-4:00pm- Belly Dancing Workshop
1:00pm-4:00pm- Spirituality and Money

Sunday 3/21/2010

1:00pm-5:00pm- Healing with Whole Foods Uncooking Class

Monday 3/22/2010

6:15pm-7:30pm-Yoga-Hatha (All Levels)
6:30pm-9:30pm-Intuitive Development Series
7:30pm-9:00pm-Yoga-Svaroopa®

Tuesday 3/23/2010

5:30pm-6:30pm-Munay-Ki Rites
6:30pm-8:00pm Cleansing Breathwork
7:00pm-9:00pm- Caring for Your Chakra System II

Wednesday 3/24/2010

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

Thursday 3/25/2010

6:15pm-7:15pm- Book Club

Saturday 3/27/2010

9:00am-1:00pm- Presentation Power
9:45am-11:00am-Yoga-Hatha (All Levels)
10:00am-11:30am-Yoga-Svaroopa®
10:00am-5:00pm-Past Life Workshop
11:15am-12:15pm-Belly Dancing (All Levels)

Monday 3/29/2010

6:15pm-7:30pm-Yoga-Hatha (All Levels)
6:30pm-9:30pm- Intuitive Development Series
7:30pm-9:00pm-Yoga-Svaroopa®

Tuesday 3/30/2010

7:00pm-8:00pm- Dark Night of the Soul
7:00pm-9:00pm- Caring for Your Chakra System III

Wednesday 3/31/2010

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

The Open Mind Center Class Descriptions- March 2010

Class

Cost; Instructor; Date & Time

Professional Development

Presentation Power: Actors' Secrets to Effective Speaking- This class will help you hone your presentation, public speaking and interviewing skills. It is taught by a professional actor, and based on the secrets actors use for performing.

Investment \$99; Teacher- Sharon; Offered: Saturday, 3/27 from 9:00am-1:00pm

How to Create a Soul Driven Business-Fast Track Session Would you like to bring your spiritual, community-focused or creative business idea to life with an innovative approach to business planning? To develop a comprehensive business plan reflecting the joy in your heart and the desire of your soul? This is time well spent if you are contemplating a career change, starting or expanding a business, or seeking to balance spiritual service with sound business basics. The course is designed to benefit those considering a potential business idea as well as those ready to launch.

Investment: \$120. Teacher- Barbara; Offered: Saturday, 3/13 from 10:30am-4:30pm

Holistic Health Classes

Cleansing Breath Work- The voice of the authentic self is a subtle voice that can so easily be crowded out by obligations or pushed aside until later. Cleansing breathwork is one of the best ways to reconnect with your authentic self and experience deep healing. During this class you will practice a new way of breathing called "circular breathing." It will support you in accessing and releasing unconscious or repressed feelings.

Investment: \$30. Offered: Tuesday, 3/23 from 6:30pm-8:00pm

Caring for Your Chakra System I- A three-part class that 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.

Investment: \$30; Leader- Gay; Offered: Tuesday, 3/16 from 7:00pm-9:00pm *Buy the 3 part Series for \$75*

In Part 1, 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.

Caring for Your Chakra System II & III- In Parts 2 and 3, participants will look more closely at the individual chakras and their care, learn about the energetic web that connects us with others, and practice feeling, touching, and communicating energetically with one another.

Investment: \$55(for both classes); Leader- Gay; Offered: Tuesday, 3/23 & 3/30 from 7:00pm-9:00pm *Buy the 3 part Series for \$75*
Part I is a pre-requisit for Part II & Part III or if you took this class in August 2009

Healing with Whole Foods Uncooking Class- Come learn to make delicious and healthy raw food soups, meals and desserts that heal the body from the inside out. Learn the basics of food combining, feeding the body to restore health, detoxing and rejuvenating with juicing, kombucha teas and kefir coconut juice. This is a fun and easy class suitable for all ages and degrees of health.

Investment: \$70; Teacher- Pam; Offered: Sunday, 3/21; 1:00pm-5:00pm

Personal Development Classes

De-Cluttering and Organizing- for Good- This class gives gripping reasons why our bodies—and our lives—work better when our home and work spaces function efficiently and smoothly. Did you know that every item in your space will either raise or lower your energy level? Learn how to let go of all that no longer serves you—and how to organize everything you keep! We'll do a Clearing to release our "energetic attachment" to our "clutter" which will allow us to effectively de-clutter and organize our homes, offices, calendars, and lives!

Investment: \$20; Teacher-Melody; Offered: Saturday, 3/6 from 10:00am-12:00pm

- You'll receive a 35-page guide with secrets professional organizers and interior designers use.

Take both De-Cluttering and Feng Shui for only \$35

- Please wear comfortable, loose clothing as we'll be doing some chair yoga and breathwork.

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

Using Feng Shui to Up-Level Your Life- Learn to use the ancient technology of Feng Shui to connect more deeply with the land you live on, the spaces you live in, those you live with, and—most importantly—your own life purpose. This class is for those who want to up-level their health, relationships, finances, and careers.

- You'll receive a 30-page guide that will allow you to immediately begin to use Feng Shui to improve your life.
- Bring a floor plan of your home and your written intentions for 2010

Investment: \$20; Teacher-Melody; Offered: Saturday, 3/6 from 1:00pm-3:00pm
Take both De-Cluttering and Feng Shui for only \$35

Book Club- ANASTASIA by Vladimir Madre It is book one in The Ringing Cedar Series. It tells the story of entrepreneur Vladimir Megre's trade trip to the Siberian taiga in 1995, where he witnessed incredible spiritual phenomena connected with sacred 'ringing cedar' trees. He spent three days with a woman named Anastasia who shared with him her unique outlook on subjects as diverse as gardening, child-rearing, healing, Nature, sexuality, religion and more. This wilderness experience transformed Vladimir so deeply that he abandoned his commercial plans and, penniless, went to Moscow to fulfill Anastasia's request and write a book about the spiritual insights she so generously shared with him.

Investment: \$5; Thursday 3/25 from 6:15pm-7:15pm

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, Emotions. The knowledge will be explored through a balance of lecture, meditation techniques and activities. In these series, you can begin to let go of negative programming and inner fears and open to what you want in life.

Investment: \$300; Teacher- Ricia; Offered Mondays 3/15, 3/22, 3/29 from 6:30pm-9:30pm
This is a 10 week series which runs 3/15- 5/24 (excluding 4/5)

Past Life Workshop- Discover how past lives may be affecting your current life. Explore the possibility of past life involvement with a spouse or lover. Begin to understand certain "unexplainable" fears. Awaken latent talents from a former life. I invite you to come and share a day exploring reincarnation, karma, and past lives. You may begin to recognize yourself with a new and more integrated wisdom.

Investment: \$95; Teacher- Ricia; Offered Saturday 3/27 from 10:00am-5:00pm

Communicate with Your Guides and Angels- Those on the "other side" are here to protect and guide us in our lives. Some of us are aware of them and some are not. Many of us wonder who our guides are and how we can communicate with them. Through this process you will be able to connect with them for guidance and support whenever you want.

Investment: \$95 per class; Teacher- Ricia; Offered: Saturday, 3/20 from 10:00am-5:00pm (with a break to go out to lunch)

Pendulum Workshop- This class is for those who have never used a pendulum or who have limited experience with using one. The pendulum gives us a vehicle for bypassing our conscious minds in order to communicate with our unconscious minds and with the divine: get answers, make decisions, test for health questions. Bring your pendulum or use one of ours. Bring your questions and learn fun ways to find answers! A variety of beautiful pendulums are also for sale in the center.

Investment: \$15; Teacher- Gay; Offered: Tuesday 3/16 from 6:00pm-7:00pm

The Soul's Journey- Understanding all aspects of the Spiritual Journey is like going on a trip with a detailed map: you won't know who or what you'll encounter at each pit-stop, but you'll know exactly where you are on the journey. Join us for an in-depth, yet extremely simple and easy to understand, description of the phases one experiences throughout the Spiritual Journey, which are divided in to two phases: From Conception to Discomfort & From Curiosity to Enlightenment.

Investment: \$25 per class; Teacher- Laina; Offered: Wednesday 3/3 & 3/17 7:00pm-8:30pm

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

Mindfulness Meditation- As we learn to relax with open-ended awareness, space opens up in our minds. Meditation is the vehicle of our liberation - a tool for finding true happiness. It is also a wonderful tool that can assist with maintaining focus and energy on those days that you didn't get enough sleep. Whether you are looking to transcend, transform or de-stress, mindfulness meditation is an essential tool you won't want to be without.

Investment: \$10 per class; Offered: Wednesday, 3/10 and 3/24 from 7:00pm-8:00pm

Transcend Your Mind : Expand Your Bliss- This one day workshop is designed for both beginners and those seeking a refresher course on their journey toward Enlightenment. Are you aware that the highest spiritual paths require that you transcend your mind? Only when your mind is still will you be able to know the ultimate state of Bliss -- Inner Peace! Inner Peace is only available to those who are masters of their mind.

Investment: \$90 per class; Teacher- Laina; Offered: Saturday 3/13 from 10:00am-4:30pm

Spirituality and Money- If you are a seeker on the spiritual path yet not interested in forsaking the joys of the material world, money may present a bit of a conundrum. How much is enough, maybe too much? Our society equates money with worth and power yet it's possible to develop the perspective that money is neither good nor bad, merely a tool and a form of energy. How does money bring us peace? What are the roots of our feelings about money? Do we need to heal our money karma? We'll discuss all of the components, the energy of money, explore the depths of our beliefs and benefit from take-home tools and practices.

Investment: \$45; Teacher- Barbara; Offered Saturday 3/20 from 1:00pm-4:00pm

The Dark Night of the Soul- Navigating the Dark Night to reach your Inner Light. Most of us are afraid of the dark. Maybe we haven't been afraid of a dark room since we were children, but we certainly don't embrace the dark side of life as we do the light, fun, and happy side. Ironically, it's that very fear that keeps us from being our best, most authentic self. Spend 60 and fascinating minutes understanding how your dark side ultimately becomes your wisest and most compassionate friend and why exploring it can help you shine your light even brighter.

Investment: \$20; Teacher- Jennifer; Offered Tuesday 3/30 from 7:00pm-8:00pm

Munay-Ki Rites- As you may know, Munay-ki means "I love you," and these are energetic rites that support our personal soul journey, as well as the enlightened evolution of humanity and the planet. This session will NOT include introductory discussions, but rather we will go straight into the rites. Those attending need to have attended an introductory session.

Investment: FREE; Leader- Gay; Offered: Tuesday, 3/23 from 5:30pm-6:30pm

Yoga, Bodywork and Movement

Belly Dancing All Levels- This covers introductory techniques/ movements, stretches, basic combinations, veil work, history, and performance techniques, giving you a full-body workout. It will include intermediate techniques including layering, traveling moves, and combinations, perfect for just starting out or continuing to hone your craft.

Investment: \$17 for drop ins (\$90 for series); Teacher- Amani; Offered: Saturdays from 11:15am-12:15pm, Series 2/27-4/03 & Thursdays from 6:15pm-7:15pm *minimum 4 person class so bring your friends for a great Girl's Night!*

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 6:15pm-7:30pm & **Saturdays 9:45am-11:00am**

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 7:30pm-9:00pm; **Wednesdays from 6:30pm-8:00pm**; Saturdays from 10:00am-11:30am

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

Special Events

Discussion Group- The first day of spring is March 20 which is also called the Vernal Equinox. With such a pleasant event just around the corner we would like for you to start thinking about “What helps you grow”. We will explore the resources, materials, groups that we all need and use to grow spiritually, emotionally and physically.

Investment: \$5; Leader- Charmaine; Offered Tuesday 3/9 from 6:30pm-7:30pm



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