

SEATTLE YOGA ARTS PRESENTS

Lotus Woman: A Yoga & Qigong Weekend for Women in the Menopause Years with Denise Benitez and Davida Wolf

yoga

The brilliantly beautiful lotus flower blooms best in cloudy, murky, muddy water. Like our lives, especially at midlife and older, the lotus represents the way the circumstances of our lives, both joyful and challenging, can compel us to clarify our own needs and strengths. The menopausal transition can be daunting, as each day seems to bring a new and unexpected change. At the same time, these challenges can be skillfully met and can call forth profound aspects of our own courage and resilience.

Denise will teach the five yogic tools for menopause: Fluidity, Strength, Prayer/Meditation, Breathing Practice, and Rejuvenation. Davida, a practitioner and teacher certified by the Ling Gui International Healing Qigong School will teach the ancient Chinese Qigong form "Nourishing Woman," a form specifically for women that supports smooth transitioning through the various cycles of a woman's life. Both yoga and Qigong arise out of ancient practices that work with the movement of energy, breathing techniques, and meditation to improve quality of life, with the ultimate goal of increased physical ease and spiritual freedom. In yoga, the "prana" and in Qigong, the "qi" are names for the vital life-energy we all possess to sustain our lives. Denise and Davida will provide you with tools and information to bloom your energy fully into your unique potential, as well as providing a deeply nourishing weekend of retreat and renewal.

Women in all stages of hormonal transition are welcome: peri-menopausal, surgical menopause, menopausal, and post-menopausal. No yoga or Qigong experience required.



Dates & Hours

May 30-June 2, 2008

Friday & Saturday, 12 NOON to 5:30 PM

Sunday, 1 to 3:30 PM

Fees

Fee: \$175 (reduced fees available)

Registration

To register, send your payment to Seattle Yoga Arts, 109 15th Ave E, Seattle, WA 98112.

Questions?

Email Denise at yogaarts@comcast.net or call her at 206.440.3191.

