



katrin elia yoga

health & healing conference

Sunday, November 19, 10:30 am - 6 pm

\$ 160 (full day conference)

\$ 185 (full day conference plus healing yoga session)

IT IS TIME to bring some Depth & Education to the Healing Arts & Healing Modalities that are out there! Some of these alternative healing techniques and practices show serious success with pain management, range of motion, reduction of high blood pressure, migraines, weight loss, insomnia, memory loss, and so much more...!

The first part of this series will address and shed light on subjects such as meditation, the Healing Powers of Yoga & Ayurveda (traditional Indian Medicine), **ALEXANDER TECHNIQUE** and MAT (Muscle Activating Technique). Some of the speakers will offer short healing practices during their presentation. A vegetarian luncheon (created by chef Todd Butler) is included in the ticket price as well coffee, tea and water that will be offered during the afternoon break. The conference will conclude with a short meditation practice.

A Healing Yoga Session (Restorative Yoga & Marma Therapy/Ancient Indian Massage Technique) will be offered from 8:30 – 9:45 am before the main conference. This class will be optional and is not included in the Full Day Conference ticket price. Katrin Elia (owner & senior teacher of Katrin Elia Yoga and organizer of this conference) will teach the morning class.

The event will take place at Bala Golf Club, 2200 Belmont Avenue, Philadelphia, PA 19131. Please drive down the long driveway to find parking in the parking lot.

PROGRAM

8:30 am – 9:45 am

Session (Restorative Yoga & Marma Therapy/ Ancient Indian Massage Technique, taught by Katrin Elia)

Healing Yoga

10:30 am – 11:30 am

Pharma To

Dharma: Natural Alternatives to Pharmaceuticals through the Ancient Art of Ayurveda – Dr. Joanna M. Carmichael, RN, BSN, Founder & Integrative Medicine Practitioner, Kalyana Centre, Narberth, PA

11:35 am – 12:35 pm

Turn it on!

How Activating Muscles will Decrease Pain while Improving Range of Motion – Don Wilson, Owner of Muscle Health Centers – East and West, Bryn Mawr, PA & San Rafael, CA

12:40 pm- 2 pm

Vegetarian

Luncheon (Created by Chef Todd Butler, Bala Golf Club, Philadelphia, PA)

2 pm – 3 pm

Live

Without Pain – The Alexander Technique – Andrea Bruno, Certified Teacher of the Alexander Technique, Swarthmore, PA

3:05 pm – 4:05 pm

YOGA – A

Healing Tool not just A Fitness Exercise – Katrin Elia, Owner of Katrin Elia Yoga, Creator of Whole Body Yin & Ayurvedic Life-Style Consultant, Bala Cynwyd, PA

4:10 pm – 4:55 pm

Coffee & Tea

Afternoon Break

5 pm – 6 pm

Mindfulness in

Everyday Life – How Meditation Awakens Our Natural Sense of Health & Well-Being – Michael Carroll, COO Global Coaching Alliance, Wallingford, PA

Short Meditation to conclude the conference.

All ticket sales are final and not refundable. The tickets are transferable if you cannot attend. In this case it is important to contact and inform the conference organizer Katrin Elia Yoga.

For further information, please contact the organizer of the event Katrin Elia Yoga. Phone: 610 – 660-6126, email: katrin@katrineliayoga.com