

REGISTRATION

Return this form with your complete payment to:

Jamie Deering
4409 N. 26th St.
Tacoma, WA 98407

Please print.

NAME _____

EMAIL _____

PHONE _____

ADDRESS _____

For what area of the body do you particularly want to learn stretches?

What other goals do you have for this class that you would like me to know?

Notes for class:

Please arrive by 8:45 a.m.

Wear comfortable clothes

Drink plenty of water before, during and after class

Leave some non-rushed time after class

Bring:

- Water bottle
- Yoga-style mat or towel to sit on
- Pen and paper if desired

Please note: There is a nominal parking fee in downtown Tacoma. On Saturdays, you only need pay one time and it is valid until 6 p.m. Please be sure to pay before coming to class.



Jamie's Office is located at
4409 N. 26th Street
Tacoma, WA 98407

253.370.1170
deering.jamie@gmail.com
www.HealingElementsTacoma.com
MA#60088691

Stretch

Breathe

Pray



*A Class to Develop
Habits to Help us Live
Healthy Loving Lives*

Listen to your body
Listen with your heart

Saturday, October 29, 2011

9 a.m. to 1 p.m.

Nurture Healing Center

739 St. Helens Ave Tacoma, WA 98402

Most of us progress through our day steeped in thinking about the next thing we need to do or place we need to go. Our bodies accompany us on this road often building stress.

What if...

We were more intentional in connecting our thinking to our body's response?

We were more intentional in connecting our body to our thinking?

We might
experience deeper joy
 enjoy greater flexibility
 expand and reframe our thinking

Deepen our ability to love
 ourselves...
 others...
 God.

Through lively and interactive instruction, discussion, shared experience, and practice we will integrate:

Mindful stretches for our body that relax, relieve stress, prevent stress, and generate a stronger body-mind connection.

Practical breathing techniques to combine with the stretches and do on their own

Centering meditation and **guided imagery** that helps quiet, calm and center

This class teaches **practical techniques** to use during our day to develop and maintain a loving presence with ourselves, others, our world and God.

Cost: **\$60**
 or \$75 for 4 CE credits

Cancellation Policy:
A \$25 refund will be given for 48 hours' notice or more. Full refunds will be given if class is cancelled for any reason.

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Experience a profound sense of connection with your body, spirit, mind, emotions, and relationships. Every day.



Simply fill out the registration form on the other side and send it in with your payment. See you in class.