



YOGIS & YOGINIS WORKSHOP

THE ALCHEMY OF WELL-BEING: Mediating one's Organic Constitution

with Nevine Michaan

Sunday, April 30 - 2:00 to 4:00 PM - Cost: \$75

Join Nevine with Yogi Doli in the toolkit for a workshop on organs, glands, chemistry, emotions and personal outlook.

Understand the organization of being individual and also, being part of the greater whole.

Learn techniques that potentiate one's sphere of concentration and radiance.

Nevine will guide you through breathing and meditative techniques to enhance personal equilibrium and well-being.

A Yogi Doli is INCLUDED with price of the workshop.

About the Teacher:

NEVINE MICHAAN

Born in Egypt in 1954, Nevine moved to New York at the age of three. In her early 20's, while studying history and comparative religion at Vassar College, she discovered meditation. She understood that there is a function, a formality and a fit to the universe and that yoga is a tool, a technique – a practice with repetition which gives us the opportunity to participate in life with intelligence and joy.

Nevine started a daily practice in NYC with renowned yoga instructor Allan Bateman in the 1970s and became fully immersed in what would become her life's work. She began teaching Yoga in 1980, and founded the Katonah Yoga Center in Katonah, New York in 1986.