



YOGIS & YOGINIS WORKSHOP

Preparing for the Bounty of Autumn:

Practices to support women through the stages of menopause

Saturday, December 2 from 4:00 to 6:30 PM

Cost \$60 - \$70 day of

The archetypal season of menopause is Autumn - full of reflection, transformation and courage. This is an important and potent time that holds enormous potential. We invite women in this time of their lives to a communal gathering of resources, tools, and practices to activate the experience of menopause as a creative process. Through a series of group discussions, writing prompts, and embodied exercises, we will work with the intelligence of nature and its patterns to create maps and recipes of personal agency. These templates offer techniques and insights for the body, mind and spirit. The goal is for you to leave with an inspired vision, a joyful heart and the knowledge to harvest the true bounty of Autumn.

About the Teachers:

CARI FRIEDMAN & HEATHER GREER

Cari has been teaching yoga in New York City for over twenty years & leading retreats internationally. After studying and teaching Anusara Yoga for over ten years, Cari has studied many different techniques that she brings to her teachings. In 2012 she began working under Nevine Michaan, founder of Katonah Yoga and Cari's teaching was transformed. She is certified in the Katonah yoga method. In addition, she has completed teacher trainings with Max Strom, John Friend, Ellen Saltonstall and Jimmy and Ruthie Bernaert, among others; she also incorporates the Melt Method and physical therapy techniques into her teaching.

Heather is a filmmaker who found Katonah Yoga in 2014 and was immediately drawn to its rich theory and use of the imagination as a tool to potentiate the physical practice. She has completed over 250 hours of training at The Studio in NYC, including her mentorship in 2021 under Abbie Galvin, and together with Abbie has guided workshops around the use of the Magic Square in addressing dilemmas on the mat and in the world. In her classes, she seeks to share the tools she has learned over the past nine years to help students build a more conscious, potent, creative practice and life.