



YOGIS & YOGINIS WORKSHOP

The Bounty of Autumn

Katonah Yoga Practices for Mapping a Creative Life

Saturday, October 19 from 4:00 to 6:30 PM

Cost \$75 - \$85 day of

Each season of a woman's life brings change and has its own character and potential. Our bodies move through these phases - from child, to adolescent, to adult, to elder - transforming continually over time like the cycles of a year. We shift from the innocence of spring to the ripening of summer into the harvesting of fall and the revelation of winter.

Entering Autumn, we carry a lifetime of knowledge and develop a deeper connection to ourselves. The opportunity within this potent phase is for us to reimagine and reorganize our lives. By cultivating practices of self-care, we develop insights that feed and nourish our body, mind and spirit, offering ourselves the keys to the true power of this season.

Through embodied Katonah Yoga practices, breathwork and creative exploration, we will work with the intelligence of nature and its patterns to create maps and recipes of personal agency. The goal is to leave with an inspired vision 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.