

## Special YogaShine Workshops for These Challenging Times

### Yoga for Insomnia

*Sunday, Oct. 4, 2-5 PM*

### Applying Yoga to Social/Environmental Activism

*Sunday, Oct. 18, 2-5 PM*

Each workshop will be focused on the stated theme, using yoga poses, breathing practices, journaling/reflection, simple meditation, and conversation to discover new tools and strategies for coping with our lives.

The Yoga for Insomnia workshop will be restful and soothing, giving you new tools to take home and practice. The Applying Yoga to Social/Environmental Activism workshop will explore the strength, courage and calm that comes from practicing Karma Yoga, described in the Bhagavad Gita, from which Gandhi took much inspiration. We will also explore teachings from Thich Nhat Hanh on being a Peacemaker.

Both workshops will support you in reducing stress, easing tensions and clarifying values. Company is stronger than willpower. Let's study together and see how the teachings and practices of yoga can guide us through the current realities of these challenging times.

Workshop fee: \$75/ea , \$140/both, *(sliding scale available)*.

Pre-registration required.

Please call Vitalah Simion, the teacher, to discuss any questions you may have and to make a reservation. YogaShine Studio, 7-11 Legion Drive, Valhalla, NY (near Kensico Dam), 914-769-8745, [yogashine@verizon.net](mailto:yogashine@verizon.net)

Vitalah Simon, M.Ed., RYT-500, BC-DMT, LCAT, is the main teacher at YogaShine, has taught yoga and been a social/environmental activist in Westchester for over 25 years. Occasionally she sleeps through the night (*a joke*). Her commitment to her own healing journey is part of what makes her a reliable facilitator with others.