

Events & Workshops

Events at a Glance (scroll down for details...)

Labor Day, Sept 6 Special Holiday Class with Erin Menut and Rebecca Rasmussen, 9-10:30 am, \$15 drop-in

Saturday September 18, Improve the Way you Run!

September 25 **Anusara Inspired Workshop** with Jen Hecht and Matt Newman, 1-3:30

September 25, Urban Love Retreat with Demi Langford & Sunny Strasburg 5-7 pm

Saturday, October 2, 2-3:30. Free Yoga & Community Gathering.

October 8-10 Matthew Cohen

October 15-17 Yoga Retreat at Wolf Creek Ranch

Please join Erin Menut and Rebecca Rasmussen for a special holiday class on Labor Day.



Rebecca has just joined our teaching team, but you may remember her from her recent (& awesome) workshop "Sacred Dance Fusion." We'll be blending Yoga with some fun dance moves (don't worry - you don't need to know how to dance) to give you a

fun, full-body workout guaranteed to shake, shimmy, and down-dog the labor out of Labor Day. If you're looking for a fun and light-hearted way to round out your Labor Day weekend, this is it!



Labor Day Schedule:

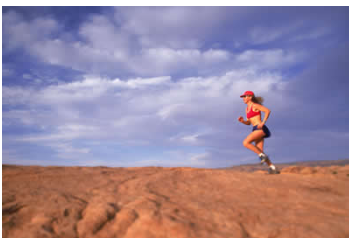
9-10:30 am ~ Special Holiday class with Erin & Rebecca, \$15 drop-in

12-1 Express ~ Staff ~ Regular pricing & cards may be used

5:30 pm ~ Feldenkrais: "Reduce your Labor in Movement" with Erin Geesaman Rabke & Carl Rabke, \$15 drop-in

Improve the Way you Run!

Improve the Way You Run!



Sept.18 1-6pm

\$75 [preregistered](#), \$80 drop in. (Repeat students can register at a discounted rate of \$50)

For many of us the way we develop our running style is by starting to run - we just "run the way we run." Rarely is there a context where we can return to exploring our running to see if it is as economical, as powerful or as enjoyable as it could be. We might attempt to follow instructions from the experts on the "best" foot strikes or arm swings or vary the shoes we wear - but is there a way we could find an internal compass which could reliably lead us to strong, efficient, and graceful running, directed from the inside by our own experience and awareness?

In this workshop we will do several Awareness Through Movement® lessons which can both clarify our experience of the mechanics of running as well as awaken our capacity to attend to many details of ourselves as we run.

As Moshe Feldenkrais often said, "When you know what you are doing, you can do what you want." Do you know what you are

doing as you run? In your hip joints? In your ribs? With your arms? Your abs? Your toes? With your attention?

This workshop is open to those who compete in races and want to reduce wear and tear and improve time, those who used to run but it hurt too much, those who run recreationally, and those who think that running is impossible.

The short running parts of the workshop are optional for those with injuries, or who do not run, and the learning and discoveries in the floor lessons (like most things Feldenkrais) can be applied to myriad aspects of life beyond running.

Note: We recently saw a similar workshop advertised in the Chi Running system at 3 times the cost! It's a deal.

Improve the Way you Run: Saturday Sept 18 1-6pm

[ADD TO CART](#) [VIEW CART](#)

Urban Love and Relationship Workshop



Join us
September 25 5:00-7:00pm, for

Urban Love and Relationship Workshop]

Suggested donation \$10 per person. (No one will be turned away due to financial limitations.)

All of our relationships, and especially our love relationships affect every aspect of our lives; they are also the most sacred mirrors we have for looking very honestly at ourselves to reveal our secrets to a happy and fulfilling lives with ourselves and others.

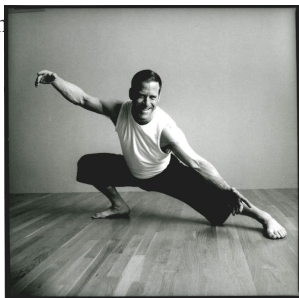
The intention of this Urban Love and Relationship Workshop is to explore how to we create deep, intimate love and partnership. We will process and explore together the foundation of creating healthy and sustainable love relationships.

Matthew Cohen Returns!

We are delighted to welcome Matthew Cohen, the founder of Sacred Energy Arts, for a series of wonderful workshops October 8-10.

Register today and receive our early bird discount!

Friday October 8, 7-9:30 pm



: Introduction to Sacred Energy Arts & Yoga Flow Master Class

Saturday October 9, 1-3:30: Sacred Energy Arts Core Yoga ~ Stoking the Fire

Saturday October 9, 5-7:30: Five Element Chi Kung

Sunday October 10, 1-3:30: **Taoist Yoga & Chi Kung**

Early registration discount pricing (ends Oct 1):

All 4 sessions: \$159

Two sessions: \$85

Single session: \$45

Regular pricing (after Oct 1)

All 4 sessions: \$199

Two sessions: \$105

Single session: \$55

Register in person at Avenues Yoga, or call 801-410-4639 to register by phone.

Workshop Descriptions:

Sacred Energy Arts Yoga Flow Master Class with Matthew Cohen

FRIDAY EVENING 7 - 9:30pm

This introduction to Sacred Energy Arts will focus on building strength and grace; emphasis will be placed on cultivating stillness in motion, movement in meditation. The practice of Sacred Energy Arts encourages and invokes seamless and fluid transitions from one Asana to the next. Because balance is key in developing grace in transition, this master classes will focus on root or foundation in poses. The rising or ascending quality developed in Hatha Yoga is predicated on a deep connection to the Earth or (root). Emphasis will be placed on Standing Poses and Flowing or Dancing between linear (Yang) and circular (Yin) balance poses. Pranayama (breathing exercises) and Meditation, combining elements of Taoist Chi Kung (qi gong) arts, will complete the class. Matthew will take a little time to speak before the practice begins and at the end a short Q & A. This practice develops strength, increases flexibility, calm the mind, detoxifies the body, and aids in self-awareness & awareness of breath. **All levels are welcome.** Some Yoga or Taoist Art experience is recommended. Keep food intake light before attending class.

Sacred Energy Arts Core Yoga Class ~ Stoking the Fire

SATURDAY AFTERNOON 1 - 3:30PM

This master class will focus on how to develop a strong core in your practice both on and off your mat. You will learn ways to regulate your core energy through breathing and strengthening. One-pointed focus stabilizes the mind, the pose and your body through balance. This class will cultivate strength and warmth in the center or ?Core?. Moving from the center or ?inside out? creates a unified energy field that strongly supports, nourishes and integrates the yoga practice and your daily life. This practice integrates Hatha Yoga, Chi Kung, Tai Chi and Healing that is at once accessible, powerful and brings a sense of calm and joy.

Five Element Chi Kung Master Class with Matthew Cohen

SATURDAY EVENING 5 - 7:30PM

Five Element Chi Kung (Qi Gong) is a unique practice for balance and health. Experience the only Ancient Chinese Art of it's kind taught by Matthew in the United States. In a Chi Kung practice, an individual learns to connect with the energy of the universe and of the Earth to cultivate ?chi?, the life force. A consistent Chi Kung practice promotes a sense of calm, balances the mind and body, increases strength and flexibility, detoxifies, and helps lubricate the joints. The ancient Chinese scholars believe that the universe consists of five basic elements, which are Metal, Water, Wood, Fire and Earth. The Five Element Chi Kung works with these basic elements. Specific movements relate to a particular element, which in turn relates to various organs in the body. Each element also refers to a particular season. for example Fire, the element of the summer season, is related to the heart organ. In the Five Element Chi Kung, the Fire element movement of ?Embracing the Moon? is practiced to heal and strengthen the heart. The Five Element Chi Kung practice is done in alternating intervals of standing poses and walking meditation. Each sacred Gesture is followed by a few minutes of walking. The purpose of which is to learn to transition smoothly from the sacred to the secular everyday activities so that over time there is no difference between a meditative practice and the daily life. Matthew Cohen started teaching the Five Element Chi Kung in May 2010, after receiving the blessings to share there arts from Beijing-based martial artist and healer Liu Xu Yang, a 5th generation Ba Gua master of the internal Chinese martial Arts. Sacred Energy Arts is the only place

to practice the Five Element Chi Kung in the U.S. and now Matthew brings these offering to you in this introductory workshop. All levels are welcome.

Sacred Energy Arts Master Class Taoist Yoga and Chi Kung
SUNDAY AFTERNOON 1 - 3:30 PM

This master class will continue with the teaching of Sacred Energy Arts with extra emphasis on Chi Kung. Chi Kung is an amazing system of 'energy-exercise' from ancient China. Chi Kung is the cultivation and management of the life force. (chi, prana, elan vital) used to create and maintain radiant health and well being. Chi Kung is like music; there are hundreds of variations in method and rhythm yet all have a few essential, common, unifying factors. Practice of stillness and action are balanced. Movements are generally slow, circular, repetitive, graceful and flowing. Each movement is linked to the breath and intention. Most Chi Kung has its origins in ancient China and is influenced by Taoism, Buddhism and Shamanism. Chi Kung focuses on being in harmony with nature and our surroundings. Practicing Chi Kung creates a feeling of inner and outer peace and well being. Its power is in its simplicity. If our intention, our energy, and our actions are aligned we will be healthy. If our heart and mind are working in concert we will be healthy. Chi Kung promotes the un-obstructed flow of life energy (chi) in order to restore and create balance in our system.

About Matthew Cohen

Matthew Cohen has been fully immersed in the study and application of Martial, Yogic and Healing Arts for over 30 years. His teachings are at once ancient, progressive, secular and sacred. His integrated approach to healing is potent and accessible. Matthew has led teacher trainings and workshops nationally and internationally including New York, Boston, San Francisco, China, Europe, Scandinavia, Singapore, Mexico and Canada.

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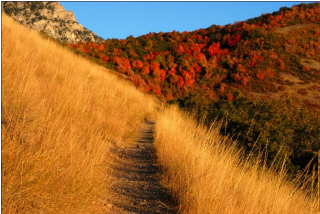
Yoga Retreat at Wolf Creek Ranch
Woodland, Utah, October 15-17, 2010

Come join the fun of our first ever Yoga retreat at Wolf Creek Ranch, a peaceful get-



away just a couple of hours from Salt Lake City. This retreat will be led by [Erin Menut](#).]

The theme for the retreat will be "Rebuilding the Inner Sanctuary." We'll begin Friday afternoon with a gentle, flowing yoga practice, and enjoy a weekend of great conversation and delicious food, poetry, yoga, pranayama & meditation, quiet time for reflection, yoga nidra, a guided hike to Noblet's spring, karma yoga, and an evening of campfire with story and song. We'll also have a massage therapist, the lovely Savannah, along with us to offer massage. Come ready to laugh, play, hike, sweat, tell stories, enjoy the fresh air and beautiful night stars, and most importantly replenish your spirit & senses. All surrounded by the gorgeous fall colors of this peaceful get-away. This is going to be great!



] COST includes lodging, food, yoga and all activities except massage.

Bunk: \$249

Camp (limited to 5): \$199

Please sign up quickly, as space is limited. For questions or to

register, email Erin: erinmenut@gmail.com