



Jan 17-19th 2014

Nashville, IN

# Warm Up From Within

Tickets and Info at:  
[www.browncounty.com/WUFW](http://www.browncounty.com/WUFW)  
[www.riverlightyoga.com](http://www.riverlightyoga.com)  
or call 812-988-9642

Address: Abe Martin Lodge  
1405 State Road 46 West  
Nashville, IN 47448

Use room code 0120WW when you  
register at the Abe Martin Lodge

Events on Saturday and Sunday are open to  
ticketed participants only and limited to 100  
participants, divided into two groups of 50 each.  
Everyone will have the opportunity to  
participate in all activities. When registering  
choose either A or B tickets.

# Warm Up From Within

3rd Annual Winter Wellness Weekend

[www.browncounty.com/WUFW](http://www.browncounty.com/WUFW)

**Allison Distler:** Allison is a yoga teacher and somatic counselor practicing in Bloomington, IN. She teaches a range of classes including Hatha Yoga, embodied self study and creative writing.

**Bill Daniels:** Bill is the moderator of Your Body, Your Planet, and the Food You Eat. He has worked in the environmental health and safety field for over 25 years for both profit and nonprofit organizations. He holds a Masters in Health Science from California State University and a certificate in Plant-Based Nutrition from Cornell.

**Diana Ensign:** Diana is a contemporary author in the field of spirituality. Her book, Traveling Spirit: Daily Tools for Your Life's Journey, is available from Amazon and Barnes & Noble. She is certified in Reiki III and practices Yoga, Tai Chi and Qigong.

**Carol Hagans:** Carol is a licensed psychologist who has worked primarily in university counseling centers for 28 years. She has maintained an 85 pound weight loss over the past 9.4 years. Her mission is to educate others about a whole-food plant-based approach to wellness.

**Janiece Jaffe:** Janice holds a BA in Vocal Jazz Performance from I.U. and has been a practicing Reiki Master since 2000. She has completed several sound healing trainings, and is a member of NESHRI, The World Sound Healing Organization and The Sound Healers Assoc.

**Kathy and Jim Johnson:** The Johnsons have been certified instructors of Qigong and Tai Chi Easy classes in Indianapolis since 2007.

**Keith Johnson:** Keith is the web manager, photographer, and designer for Permaculture Activist, North America's leading and longest-lived permaculture periodical, a quarterly magazine based in Bloomington, Indiana. He is also a teacher and urban polyculture forest gardener.

# Presenters

## Friday

- 5:00-6:00pm: Qigong and Tai Chi Easy- Allison Peabody Room with Kathy and Jim Johnson
- 6:00-7:00pm: Dinner on your own
- 7:00-8:15: Your Body, Your Planet, and the Food You Eat Melodeon Hall with Panel Group
- 8:30-9:30: Closed Addiction Recovery 12 Step Meeting Ms. Princess Room
- 8:30 - 10:30pm Dance Party with Cari Ray, Chuck Wills, and The Loaners - Ms. Allison Room

## Saturday

- 7:00-8:00 am: (A+B) All Levels Yoga - Melodeon Hall with Pierre Couvillion
- 8:30-9:30 am: (A) Shake Your Soul- Allison Peabody Room with Kathy Anderson
- 8:30-9:30 am: (B) Deepening the Journey: Stepping Through Obstacles and Fears on the Path to Your Dreams Ms. Princess room with Diana Ensign
- 10:00am-Noon: (A) The Meanings of Our Life - How Words Shape Beliefs, and Beliefs Shape Us. Melodeon Hall with Allison Distler
- 10:00am-Noon: (B) For Whom and When Is Something Healthy? Allison Peabody Room with Pierre Couvillion
- 1:00-3:00pm: (A) For Whom and When is Something Healthy? Allison Peabody Room with Pierre Couvillion
- 1:00-3:00pm: (B) The Meanings of Our Life-How Words Shape Beliefs and Beliefs Us. Melodeon Hall
- 3:30-4:30pm: (A) Shake Your Soul. Allison Peabody Room with Kathy Anderson
- 3:30-4:30pm: (B) Deepening the Journey: Stepping Through Obstacles and Fears on the Path to Your Dreams: Ms. Princess Room Dionna Ensign

## Sunday

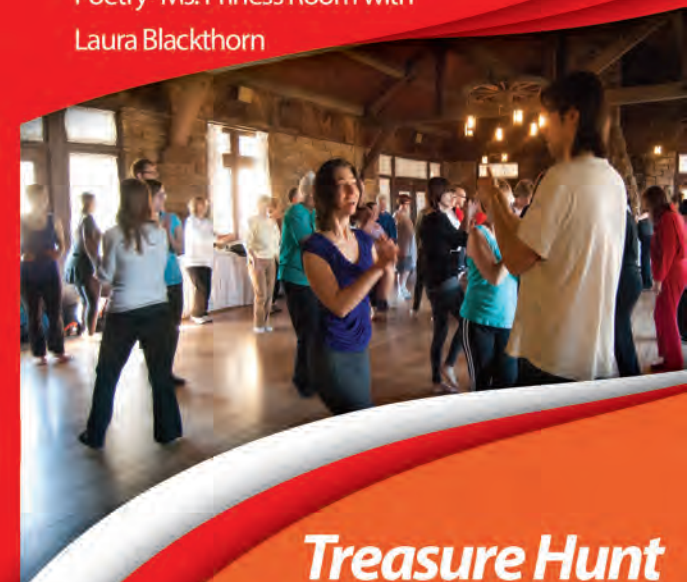
- 8:00-9:00am (A+B) All Levels Yoga- Allison Peabody Room with Allison Distler
- 9:30-10:30am (A+B) Healing Sound Meditation Melodeon Hall with J aniece Jaffe
- 11:00am-1:00pm (A) Attentiveness Through Mystical Poetry- Ms. Princess Room with Laura Blackthorn
- 11:00am - 1:00pm Mandala Painting - Allison Peabody Room with Karla Becker
- 1:00-2:00pm: Lunch on your own
- 2:00-4:00pm (A): Mandala Painting- Allison Peabody Room with Karla Becker
- 2:00-4:00pm (B) Attentiveness Through Mystical Poetry- Ms. Princess Room with Laura Blackthorn

**Kathy Anderson:** Shake Your Soul blends her love of dance and inspirational world music with the joy of sharing the experience with others. Kathy studied "Shake Your Soul" with Dan Leven at Rhythms Dance Center in Lenox, MA having first encountered this yoga dance at Kripalu Yoga Center.

**Karla Becker (Sat Bachan Kaur):** Karla is a Kundalini yoga teacher, an artist and a musician. She has been active in the Indianapolis yoga community for many years and has taught workshops and mandala painting for the Indiana Yoga Association.

**Laura Blackthorn:** Laura is 1995 graduate of I.U. Kelly Business School with a BS in Business, specialty in Marketing, Magna Cum Laude. She is also a member of the International Advisory Committee for Microsoft Project Users Group.

**Pierre Couvillion:** Pierre is a nationally certified teacher of Yoga, Bodywork, Massage and Ayurveda (the medical system corresponding with yoga). He is the founder and director of Santosha, a Professional Natural Health Care School in Indianapolis.



## Treasure Hunt

Look for hidden WUFW envelopes throughout the weekend filled with coupons and special offers from local restaurants, merchants and teachers.