

Greater Hardwick Community LEARNING EXCHANGE FALL 2008

Welcome to the Hardwick Community Learning Exchange. We are an informal learning network sponsored by the Buffalo Mountain Food Co-op in Hardwick. Our purpose is to celebrate the sharing of the wonderful wisdom and skills to be found amongst us. If you are interested in taking a workshop, please register as soon as possible as some class sizes are limited. If you would like to teach or suggest a future workshop, leave a message for Kate or Robin at the co-op. If you would like to bring your children or others to workshops, please ask when you register as space is also sometimes limited.

Embodying the Heart of Yoga

A Body-Mind Centering Approach

Maggie McGuire

Embodied Yoga is a deep, internal study of the body-mind explored through movement and the direct experience of our own body systems, tissues and cells. Centering our practice in an open heart, a quiet mind and a kind awareness enables us to release tension and emotional stress while strengthening the core of our being.

Series 1: Skeletal System

The skeletal system gives our body the basic form through which we locomote through space, act on the environment, and sculpt and create the energy forms in space that we call movement. When we embody the bones, our mind becomes structurally organized, our thoughts and actions become grounded, and our sense of space helps us articulate and understand our relationships within our self and between others. In giving us the basic framework for the movement of our mind, this system sets the foundation for the psychophysical qualities of clarity, effortlessness and form. Maggie McGuire, Ph.D. is a somatic psychologist and longtime practitioner Buddhism, yoga and indigenous healing practices.

Date: Beginning September 24–October 29

Daily: M-W-F, 6:30–7:15am;

Weekly: Tuesdays, 12–1pm, Wednesdays, 4–5:20pm

Participants are welcome to join the class at any time.

Place: Wellspring Mental Health & Wellness Center,
39 Church St. Hardwick, VT

Fee: Morning classes by donation; Tuesday class \$10/
class or \$70/Series; Wednesday class \$12/class \$80/
Series Insurance accepted; scholarships available

Registration: To inquire and register contact Maggie
McGuire at 472-6694 or mmcquire@vtlink.net

Peace is the Way

Emily Lanxner and Mary Gagnon

In every spiritual tradition it is believed that peace must exist in one's heart before it can exist in the outer world. "Peace is the Way" is a program developed by Deepak Chopra which asks you to follow a specific practice every day, each one centered on the theme of peace. We will start by meeting on a weekly basis to focus on this practice, share insight and experiences, and as a group, explore and expand on our ideas for personal and planetary transformation. (Copies of "Peace is the Way" are available for borrowing from Gagnon's, or your local library.)

Date: Wednesday evenings, ongoing 7pm. (Mary
Gagnon is open for discussion at all times.)

Place: Gagnon's Movie Rentals, Mill St., Hardwick.

Fee: Free.

Registration: 472-5285, or sign up at Gagnon's.

Third Annual Buffalo Mountain Co-op Clothes Swap and Harvest Celebration

Featuring: Clothes Swap, Live Music, Poetry, Face-Painting, Hot Chili, Fresh Boiled Sweet Corn (harvest permitting) mini Reiki sessions, Chair Massage and more! Several of our New Learning Exchange Workshop Leaders will be on hand, and on the spot registrations possible. Clothes can be dropped off from 12 to 1pm at the Art Park, or on the porch at 114 W Church St. on Thursday afternoon or Friday morning.

Date: Friday, September 12, 2-6pm (Rain date: Sept 19)

Place: Hardwick Art Park (next to the Chinese
Restaurant). Hope to see you there!

In the Heart of the Wound is Found Healing

Therapeutic Groups & Retreats for Adults Recovering from Traumatic Stress & Disturbed Attachment

Maggie McGuire, Ph.D. & Sarah Houston, M.A.

Traumatic stress and early attachment disturbances occur when a person is overwhelmed by experiences and is unable to process or assimilate the various responses. Failure to integrate the experience results in a wide variety of adult relational problems and disconnections in the body, mind and spirit. Healing is a process that brings awareness to those parts of our body-mind where awareness has been withdrawn and a numbness, a deadness has been left behind, and where re-entering with a softness, mercy, and safety brings oneself more fully into life. Building on basic bodymind healing practices, we will incorporate meditation, imagery, hypnotherapy, sensory awareness and movement, sounding and drawing, sandplay, writing and storytelling to awaken our deepest desires and tap our inner and outer resources for healing.

Maggie McGuire, Ph.D. is a somatic psychologist and longtime practitioner of yoga, Buddhism and indigenous healing practices. Sarah Houston, M.A., offers a holistic approach, utilizing writing and other expressive arts, including Sandplay Therapy and Somatic Therapy.

Date: Tuesdays, September 23–December 16,
6:30–8:30pm

RESIDENTIAL RETREAT October 17-19

Place: Wellspring Mental Health & Wellness Center, 39
Church Street, Hardwick, VT

Fee: Group \$60/Session Retreat \$350 (includes room and
board) Insurance Accepted

Registration: To Inquire and Register Maggie McGuire
472-6694 mmcquire@vtlink.net

Bridging Old World Knowledge & New World Science to Facilitate Wellness

Ann Marie Lucari

Natural, Complementary and Integrative Medicine-Not sure what it is, worried about safety and want to know more? A series of workshops with interactive discussion, sharing and learning covering various complementary health modalities and how to best utilize them with contemporary medical care. Ann Marie is a Family Nurse Practitioner, Herbalist and owner of Finding Your Roots Health & Wellness, a place where education and consultations are offered to empower others to achieve Wellness. Visit our web site: www.findingyourrootshaw.com

Date: 4 sessions, Tuesdays and Thursdays, 6–7:30pm.
Starting date to be announced.

Place: TBA

Registration: email info@findingyourrootshaw.com for
outline and questions.

The Wise Heart

The Study and Practice of the Universal Teachings of Buddhism

Maggie McGuire

Buddhism emphasizes the nobility and sacredness of the human spirit, the fine-grained analysis of emotion and thought, the precise techniques for healing, training, and transforming the mind and heart. It offers a vision of radiant human dignity and a practical path for realizing it in our own lives. Together we cultivate practices that quiet the mind, open the heart and reawaken us to our basic goodness: practices of mindfulness, generosity, compassion, loving-kindness, integrity, equanimity, gratitude, and forgiveness. Maggie McGuire, Ph.D. is a somatic psychologist and longtime practitioner Buddhism, yoga and indigenous healing practices.

Date: Beginning September 24–October 29

Daily: M-W-F 7:15–8am; Weekly: Wednesdays 5:30–
7pm; Monthly: Saturdays 9am–5pm October 4, 2008,
January 3, February 7, and March 7, 2009 *Participants
are welcome to join the class at any time.*

Place: Wellspring Mental Health & Wellness Center

Fee: Donation

Registration: To inquire and register contact Maggie
McGuire at 472-6694 or mmcquire@vtlink.net

Let's look for Edible and Poisonous Mushrooms

Ben Levitt

Maybe there are some good fall mushrooms to find! Beginners and experts both encouraged. Bring something to put mushrooms in and some good shoes for hiking.

Date: Afternoon of September 21

Place: TBA Fee: Free

Registration: call Ben at 917-1686

Conversational Spanish Discussion Group

Helen Beattie

Anyone else out there a Spanish language self-instruction junkie? Tired of jabbering short Spanish phrases back to your computer or steering wheel? Or studying three different versions of the past tense and feeling pretty good about it... only to default to present tense when you try to speak? Here is my proposal. Let's get a group of Spanish-speaking-wannabes together and just have time to speak this language we love... but are far from mastering. No instructional promises here - just time to experiment together with conversational Spanish on a regular basis. The Planting Hope Nicaraguan delegation will be here in January and can tell us how we are doing! Please call Helen Beattie, 472-5127, if you are interested and we will find a time that works for us. Gracias!

Community Wellness Gathering

Come celebrate our community of healers and our healer within immersed in autumn's beauty at Wheelock Mountain Farm. Participate in workshops, a circle dance, seed ball making, chair massage, barter and buy locally made products, drink yummy apple mint tea, exchange ideas and recipes. Workshops include Crystal Healing, Energy and Shamanic Healing, Astrology, Deep Relaxation, Meditation, Fermentation, Devotional Dancing and Pentacle Work, Herbal Health and more! Let's get together and strengthen ourselves and our community. See you there!

Date: Saturday, September 13, 11 am–4 pm

Place: Wheelock Mountain Farm

Fee: \$20 (no one turned away for lack of funds)

Registration: Emily 533-9929 or Angela 533-7196

Bring your own picnic lunch and anything you want to barter, sell, or share

Conversation Française (French conversation)—suite Paule Bezaire

This workshop started this spring and now has a few conversation-alists. You would like to join? These inclusive meetings offer wonderful conversation opportunities. All are welcome [beginners are welcome if they are willing to “watch the movie without the subtitles”]. Paule is a native French Canadian who has lived [in French] 23 years of her life, in the multicultural city of Montreal. She now lives in Wolcott, Vermont, where she raises her 4 children (bilingually), 13 chickens and 3 goats (they are not quite bilingual though. . . .) Paule is hoping to support other French or French-to-be speakers.

Date: every other Monday, 6pm.

Place: Buffalo Mountain Co-op Café (may move to Buffalo Mtn School)

Fee: free (unless materials are requested by participants).

Registration: pezbez3@yahoo.com, or 917-3079.

International Day of Peace Sunday, September 21

Join millions of people world-wide in celebrating this important cease-fire event. Hardwick activities will include:

Noon to 2pm: “Drumming for Peace” Drum circle led by Andy Gagnon and others. Bring drums and other noisemakers. All ages, no experience necessary. Hardwick Peace Park, across from Co-op

10am to 4pm: “Peace One Day” film will be screened throughout the day at the Buffalo Mountain Co-op Café. This film is also available on an ongoing basis (FREE) from Gagnon's Video Rentals.

Creative Book-Making Workshop

Emily Lanxner

Make your own book, using paper, needle and thread, cardboard, and fabric. Great for journals, scrapbooks, or any special or sacred use. Wednesday, September 24, 7 to 9pm, Jeudevine Memorial Library. If possible, please bring a special piece of cloth, cardboard (cereal box), large darning needle, and special paper to suit your fancy. FREE.

Screening of Stealing America Vote by Vote

Followed by Discussion with Anne Hanson

Concerned about the myriad “irregularities” in the 2000 Presidential Election, in November 2004 I traveled from my home in Craftsbury to Palm Beach County, Florida to serve as an Election Protection Volunteer. I will briefly discuss my experience in Florida as an introduction to the film, then will show the 70-minute documentary “Stealing America: Vote by Vote” by Emmy-winning and Oscar-nominated filmmaker Dorothy Fadiman. This film is a thorough, concise, and essential exploration of the theft of the 2004 Presidential Election. Fadiman interviews numerous Americans across the political spectrum who are deeply worried about the legitimacy of the 2004 election, and the implications of stolen elections on our democratic system. The film also includes interviews with Election Protection Volunteers and others who monitored the '04 election, statisticians and pollsters who question the “official” results, as well as cuts from Jon Stewart's “The Daily Show,” one of the few “mainstream” programs that raised questions about the legitimacy of that election. The film will anger, humor, and sadden you; most important, it will educate you and inspire you to take action. After the film we will discuss positive and concrete things we can do in our state and in our country to ensure that all citizens can vote, and that their votes count.

With Election '08 now upon us, we must be informed about what happened in the last two Presidential Elections, and there are many ways we can still take action to ensure a legitimate election. Also, because we live in a small state, Vermonters are in a unique position to influence Congress on this critical issue via our Congressional Delegation. Please reserve this one evening to learn more, and become inspired to join the national effort to protect the upcoming election.

Date: Friday, September 26, 7pm, at Hazen Union School

Registration: Call Anne Hanson at 586-8065

Monthly Ayurvedic Cooking Class

Ginna Bourisseau

This will be a monthly class on various aspects of Ayurvedic cooking and the philosophy that is at its foundation. Ginna Bourisseau has a Diploma from Kalidas Sanskrit Univ, Nagpur, India.

Date: Last Sunday of every month at 4pm.

Place: Buffalo Mountain Co-op Café .

Fee: \$15 per session.

Registration: Kate at 472-3844 or Ginna at 229-9539.

“Putting Your Gardens To Bed”

Wacky Worm Sisters

This topic was requested by several ‘repeat’ participants of our spring/summer workshop series and we are happy to comply! Come for a hands-on workshop & learn what *to do* & *not do* in the fall for better gardens next spring. We will focus on perennial gardens, shrubs & trees, but will touch on vegetable gardens, as well.

Date: Sunday, September 28, 1 pm, (Rain or Shine)

Place: New Leaf Designs Eclectic Nursery/ Down

to Earth Worm Farm of VT, 281 The Bend Rd.,

Greensboro Bend, Across from St. Michael’s Church

Fee: Free Registration: 533-9836 or newleaf@vtlink.net

[Earth and] Lime Plastering

Timothy Edgar

Join us for a earth and lime plaster workshop in Wolcott, VT. Learn how these natural techniques can be used as a finish in a house or other project. Experiment with lime plastering, an old european technique that uses natural material - lime, sand, manure and water - for a finish that lasts ages! We will be working on the outdoor surface: please dress for the weather.

Timothy Edgar is a Waldorf teacher and alternative builder. The Wolcott project is his fifth house; it is a timber frame, cob, straw bale and cobwood house, and has been covered with earth and lime plasters.

Materials: bring work gloves (strong rubber style), work clothes (covering legs and arms recommended), as well as protection glasses (if you have any). Plastering tools a plus, if you have them. This is an outdoor plastering workshop - dress appropriately! Bring a potluck item to share (or a lunch.)

Date: October 4 or 5, 2008 (Depending on sign-up)

Place: 1002 Keeler Pond Road, Wolcott VT

Fee: Free Registration: required, please call 917-3079

Video Production at Hardwick Community TV

Meredith Holch

Did you know Hardwick has a Public Access TV Station? We do! HCTV is offering FREE classes which will cover camera, sound and a basic intro to editing. NO EXPERIENCE IS NECESSARY. Whether you are interested in learning how to film local events, or in making a video based on your own ideas to air on HCTV, this class is for you. Meredith’s work screens widely at venues including MoMA, (NYC), PBS, the sides of old barns and endangered community gardens. She has taught Video Production for the past 10 years.

Date: 4 Monday nights in October 6, 13, 20 and 27,

6:30–8pm (open to earlier or later time suggestions)

Place: Classes will be held at the HCTV Station located upstairs in the Memorial Building.

Fee: Classes are free and equipment is provided.

Registration: Call HCTV at 472-6655, or e-mail hardwicktv@comcast.net

Buffalo Mountain Co-op Orientation

Everyone is invited to learn more about how this unique not-for-profit food store functions, and how they might choose to be involved. A focus will be on discussing ways in which each person’s skills and interests can best be utilized either as a working or non-working member as well as on what the co-op has to offer members of our community.

All interested in these and other aspects of the co-op are most encouraged to attend.

Date: Monday, October 6, 7pm

Place: Buffalo Mountain Co-op Café

Fee: Free

Registration: Co-op at 472-6020

Study Circle on Race and Racism

Robert Appel and MiHae Hooper

You are invited to take part in Study Circles on Race and Racism being offered by Central Vermont Anti-Racism Study Circles (CVARSC) this Fall in Hardwick. Central Vermont Anti-Racism Study Circles is a collaborative effort of individuals from area community organizations, churches, synagogues, educational institutions, and state and local government. CVARSC offers Study Circles as a way to bring community members together to probe racism in depth and construct strategies to encourage a social climate more respectful of diversity.

Each Study Circle consists of 8-12 participants, guided by a pair of trained facilitators who work to create an environment that is compassionate and productive. Participants at past meetings have commented that the circles are—“eye opening;” “life changing;” “new friends;” “a fount of hope;” “led to meaningful action;” among other testimonies.

Robert Appel of Woodbury has served as the executive director and legal counsel of the VT Human Rights Commission for the past seven years. During the preceding eight years, Robert was the state’s defender general overseeing the public defense system. MiHae Hooper, who was raised in Northfield in a transracial family, resides in Montpelier.

Date: The discussion series will begin the week of

October 6 and run for six weeks. I would like to find a day of the week, probably Tuesday, Wednesday or Thursday that works for the greatest number of people. Meetings times are 6–8:25pm.

Place: Buffalo Mountain School, Hardwick

Fee: Free Registration and Info: Call Robert Appel, 456-8844 or email: Robert.appel@state.vt.us

Buffalo Mountain Outing Club

Annie Gaillard

Do the days slip by and leave you wondering why you haven’t made time for that hike? I would like to get folks together at least once a month for a hike. Nothing too extreme, just a morning or afternoon out in nature. Possibly Sundays (the church of the Beautiful View?) but I am flexible. Let’s talk—call if you are interested and we can work out the details from there.

Info: Call Annie Gaillard at 533-7175

Daily Violence & Its Impact on Our Health

Ann Marie Lucari

An intimate, interactive discussion group to discuss the many ways we are exposed to the many faces and levels of violence and how our exposure has long standing impact on our health. Topics include: Wheel of Violence, personal, social and media violence; physiology of our response and how to limit our exposure, Wheel of Empowerment. NOT a venue for personal counseling. Ann Marie is a Family Nurse Practitioner, Herbalist and owner of Finding Your Roots Health & Wellness, a place where education and consultations are offered to empower others to achieve Wellness. Visit our web site: www.findingyourrootshaw.com

Date: 4 sessions starting Tuesday, October 7, Tuesday and Thursday, 6-7:30pm x 2wk, due to sensitive topic, whole session required to create a safe community for open discussion.

Place: TBA Fee: \$60

Registration: please email info@findingyourrootshaw.com for outline and questions.

Film: "The Power of Community— How Cuba Survived Peak Oil" Forum: Surviving Peak Oil in Vermont

This film focuses on Cuba's transition from an industrial petroleum-based society to a sustainable society, as a result of their loss of petroleum when their source, the Soviet Union, collapsed. The goal of this film is to give hope to the developed world as it wakes up to the consequences of being hooked on oil. Forum following film facilitated by Carl Etnier and members of HEART.

Date: Friday, October 17, 6:30pm

Place: Hazen Union High School

Fee: Free Info: Emily Lanxner, 472-5913

Intro to Hand Analysis and "Gift Markings"

Kate Arnold

In this overview Kate will go over some of the basics of hand analysis, and explain the difference between this science and the more commonly known palmistry. We will examine the various types of finger-prints, as well as looking for some common "gift marks". Course will be tailored to participant's interests. Kate has read hundreds of hands, and is a certified hand analyst, having completed a year-long certification course through the International Institute of Hand Analysis in Los Angeles, CA.

Date: Sunday, October 26, 7pm.

Place: Buffalo Mountain Co-op Café. Fee: \$10.

Registration: Kate at truthinhand@verizon.net or 472-3844.

Dance Free / Full Moon Dance

Dance to the movement of the spheres! Let's boogie down to funk, techno, hip-hop, house soul—you name it. Bring your favorite recordings. All ages.

Date: Friday nights closest to the full moon: November 14 and December 12, 8 to 11pm.

Place: To be announced

Fee: suggested donation \$5
no one turned away for lack of funds.

Info: Call Emily Lanxner at 472-5913

Restorative Yoga

Emily Lanxner

This is a slow-paced class for those of us that have never done yoga, are getting back into yoga after a long time, or are simply looking for a restorative movement class to maintain health. Especially geared for seniors and beginners.

Date: Saturdays, 9–10am. Six-week session, beginning October 18,

Place: Hardwick—Threshold Studio/Room to Move,

Fee: sliding scale \$20 to \$60. No one turned away for lack of funds.

Registration: Registration requested—contact Emily Lanxner, 472-5913.

Women's Wellness Through Dance

Ann Marie Lucari

An eclectic blend of Middle Eastern dance and music with Latin passion! Belly Dance with Ann Marie to learn basics and to move beyond the basics while acknowledging the healing that can happen dancing in a community of women.

Date: 2 Saturdays—October 18 and
November 15, 10–11:30am

Place: TBA Fee: Free/donation for space if needed.

Registration: info@findingyourrootshaw.com

Film: "Mardi-Gras: Made in China" Forum: Sweatshop Awareness Day

Emily Lanxner

This film documents a Mardi-Gras necklace factory in China and the lives of the workers who produce this product, and raises important questions about slave labor conditions worldwide. The screening will be followed by discussion, and planning of upcoming "Sweatshop Awareness Day", an event which will work with high school students to simulate a sweatshop in action, and raise community awareness about this important issue.

Date: Friday, November 21, 6:30pm.

Place: to be confirmed

Fee: Free

Info: Emily Lanxner, 472-5913.

“Indoor Composting with Red Wigglers” Wacky Worm Sisters

With so much focus on Re-using & Re-cycling, for both environmental & economic reasons, capturing the nutrients in your kitchen & yard waste really makes sense, especially when it brings so many benefits! “The Wacky Worm Sisters” (real sisters Carol Schminke & Lynette Courtney) from *Down To Earth Worm Farm of VT* will demonstrate, step-by-step, how to set up a wooden worm bin, from bedding & feeding the worms, to harvesting their “castings”, which can be used to feed your potted or garden plants. Worm castings (worm poop) provide an excellent balance of nutrients & beneficial micro-organisms that help suppress plant disease which are lacking in most potting “soil”. Fall is the perfect time to start indoor worm composting. You won’t need your snowshoes to take the kitchen scraps out to a frozen compost pile ever again!

Date: Sunday, October 19, 1pm (Rain or Shine)

Place: New Leaf Designs Eclectic Nursery/ Down to Earth Worm Farm of VT, 281 The Bend Rd.,

Greensboro Bend Across from St. Michael’s Church

Fee: Free Registration: 533-9836 or newleaf@vtlink.net

Staying Healthy With The Seasons: An introduction to the Chinese Five Elements

Edward Kentish

The Five Elements are synonymous with the Seasons. The Elements are an elegant, nature based, user friendly way to understand ourselves and the world we live in. When we understand the elements we understand how to be in harmony with the changing seasons. Learning about the elements we begin to see the patterns of our lives—our emotions, our imbalances, our symptoms, our food, and how to make the best choices. This evening will be an introduction to the Five Elements, as well as a focus on how to be in harmony with the coming Winter. Edward Kentish is a Five Element acupuncturist practicing at Wellspring.

Date: Thursday, November 6, 6 to 8:30pm

Place: Wellspring, 39 Church Street, Hardwick

Fee: \$10

Registration: Call Edward Kentish at 229-4537.

CLASS CALENDAR for SEPTEMBER and OCTOBER 2008

S	M	T	W	T	F	S
SEPTEMBER 7	8	9	10 ☯ Peace is the Way	11	12 ☯ BMC 3rd Annual Clothing Swap & Harvest Festival	13 ☯ Community Wellness Gathering
14	15	16	17 ☯ Peace is the Way	18	19	20
21 ☯ Mushroom Walk ☯ International Day of Peace	22 ☯ Heart of Yoga ☯ The Wise Heart	23 ☯ Heart of Yoga ☯ Heart of the Wound	24 ☯ Heart of Yoga ☯ Peace is the Way ☯ The Wise Heart ☯ Book-Making	25	26 ☯ Heart of Yoga ☯ The Wise Heart ☯ Stealing America Vote by Vote	27
28 ☯ Putting Your Garden to Bed ☯ Ayurvedic Cooking Class	29 ☯ Heart of Yoga ☯ The Wise Heart	30 ☯ Heart of Yoga ☯ Heart of the Wound	OCTOBER 1 ☯ Heart of Yoga ☯ Peace is the Way ☯ The Wise Heart	2	3 ☯ Heart of Yoga ☯ The Wise Heart	4 ☯ The Wise Heart ☯ Lime Plastering
5 ☯ Lime Plastering ☯ Circle Study on Race starts this week	6 ☯ Heart of Yoga ☯ The Wise Heart ☯ Video Production ☯ BMC Orientation	7 ☯ Heart of Yoga ☯ Heart of the Wound ☯ Daily Violence	8 ☯ Heart of Yoga ☯ Peace is the Way ☯ The Wise Heart	9 ☯ Daily Violence	10 ☯ Heart of Yoga ☯ The Wise Heart	11
12	13 ☯ Heart of Yoga ☯ Video Production	14 ☯ Heart of Yoga ☯ Heart of the Wound ☯ Daily Violence	15 ☯ Heart of Yoga ☯ Peace is the Way	16 ☯ Daily Violence	17 ☯ Heart of the Wound Retreat ☯ The Power of Community	18 ☯ Heart of the Wound Retreat ☯ Restorative Yoga ☯ Women’s Wellness
19 ☯ Heart of the Wound Retreat ☯ Indoor Composting	20 ☯ Heart of Yoga ☯ The Wise Heart ☯ Video Production	21 ☯ Heart of Yoga ☯ Heart of the Wound	22 ☯ Heart of Yoga ☯ Peace is the Way ☯ The Wise Heart	23	24 ☯ Heart of Yoga ☯ The Wise Heart	25 ☯ Restorative Yoga
26 ☯ Ayurvedic Cooking Class ☯ Hand Analysis	27 ☯ Heart of Yoga ☯ The Wise Heart ☯ Video Production	28 ☯ Heart of Yoga ☯ Heart of the Wound	29 ☯ Heart of Yoga ☯ Peace is the Way ☯ The Wise Heart	30	31	NOVEMBER 1 ☯ Restorative Yoga