

Dive Into The Well Of Your Being

Retreat

Sun, Jun 24 | Out Back Yoga Shala



An "a la carte" day full of play-shops, quiet time, and yummy body treatments to celebrate and support you on your journey.

Go online to www.outbackyoga.com or contact Kim (818) 349-1790 or kimberly@outbackyoga.com to purchase tickets.

Online registration closes and dinner tickets cannot be purchased after June 19th!

See below for the retreat schedule, an introduction to the retreat facilitators, and contact information for Watsu treatment and massage appointments.

Also see the policies for no show/cancellation details and volunteer opportunities.

Out Back Yoga is located at 10926 Owensmouth Ave, Chatsworth, CA 91311

Schedule

8:30 am

Gates Open

9:00 - 10:15 am

Gentle, Playful, Somatic Yoga with Kim

They say breaking up is hard to do. But it can be fun if you know how to do it! Come and start the day by breaking up with whatever is feeling stuck inside of you using a combination of Hatha yoga based Viniyoga, Gentle Somatic Yoga practices, Pranayama, a walking meditation and some surprises to really get things moving along.

10:15 - 10:45 am

Break

Great time for a visit to the lawn for hula hoop, bubbles, the "quiet space".

10:45 - 12:15 pm

Medicine Dance with Fred and Colleen (part 1)

Medicine Dance is a practice that invites placing the power of our mind's attention on the sensation inside the living tissues of our bodies, and allowing intuitive inner-directed self-guided improvisational movements to emerge.

Verbally cued and music accompanied, our sessions will offer time for self-communion as well as mindful connection with others.

Expect to feel revitalized, refreshed and excited about who you are (as you are), in and of yourself, and in relationship to others.

There is another session (part 2) at 4:45pm. You need not be present for both parts to experience this somatic treat! Every session is it's own unique experience and expression!

12:15 - 1:30 pm

Bring-Your-Own Picnic Lunch

We'll share lunch on the lawn or at the tables. Drinks supplied or bring your own.

1:30 - 2:30 pm

Tao Yin Fa Qi Gong with Christo

Created by Fabien Maman, Tao Yin Fa Qi Gong is an extraordinary movement method for self-healing. Energy moves, stars and planets move, earth moves, and we too must move. Each day our own energy shifts and different dimensions open to us.

Chi is the energy considered to be the vital force of life in the Universe. Chi travels from the stars, planets and nature through the subtle bodies and animates the physical plane. Chi is love.

This play-shop invites you to play with your Chi and feel its energy running through your physical and subtle bodies. We will explore how spirit flows through us as we develop our own energy. In this way you may invite a link to the greater parts of yourself.

2:30 - 2:45 pm

Break

Great time for a visit to the lawn for hula hoop, bubbles, the "quiet space".

2:45 - 4:15 pm

Tama Do Harmonization with Christo

Musical instruments tuned to Pentatonic scales and natural ambient / environmental sounds are effective for harmonizing the corresponding organs, energy centers called "chakras," and the energy field surrounding the body, called the "aura."

Join us on a sound adventure with an experiential play-shop offering you powerful self-healing techniques to vitalize and energize your body, while calming and focusing your mind.

4:15 - 4:45 pm

Break

Great time for a visit to the lawn for hula hoop, bubbles, the "quiet space".

4:45 - 6:15 pm

Medicine Dance with Fred and Colleen (part 2)

See the 10:45am (part 1) listing for details. You need not be present for part 1 to come and experience this somatic treat! Every session is its own unique experience and expression!

6:15 - 6:30 pm

Break

Great time for a visit to the lawn for hula hoop, bubbles, the "quiet space".

6:30 - 7:30 pm

Dinner catered by Woodlands Indian Restaurant

Dinner tickets include a beverage.

7:30 - 9:30 pm

Experiential Drumming with Christo, followed by songstress Quincy Coleman

It's time to get your rhythm on! Explore your inner presence with your hands on the drum as a primal form of self-expression and your connectedness to all universal rhythms. Bring your own drum or use one provided by Christo.

Then hang on to your hearts and souls as we are blessed with the melodically beautiful sounds and voice given us by Quincy Coleman. Don't think there could be any better way to end this day of play!

Note:

All participants must have either a general admission ticket or an all day pass for Out Back Yoga access from 8:30am to 6:15pm. Go online or contact Kim for more information and purchase options.

With Out Back Yoga access, this magical retreat day might include...

- A visit into the "Quiet Space"; A self-directed place for writing, drawing and creating your own personal "soul" card(s).
- Hula Hoops and bubbles on the lawn!
- Great company, noble (and not so noble) conversation and a spectacular view of Stoney Point!

Facilitators

Kimberly Fresh, CYT, CYTT, GSY-2, AHP

Is a certified Viniyoga Teacher specializing in gentle somatic practices, a yoga therapist, Ayurvedic health practitioner, ballroom and free form dance enthusiast. For several years, Kimberly offered gentle/chair yoga classes at Northridge Hospital, Hatha yoga at Annie's Yoga Studio, the YMCA, and at Bridges Academy. She opened Out Back Yoga Integrative Healing Arts Center in 2003, where she continues to share and encourages students to find better ways to live with rather than against their true nature.



Christo Karam Pellani

Is recognized internationally as a master sound & energy healer, rhythm awareness drum circle facilitator, educator, life / wellness coach, and expressive therapist. He founded the Soundformation Healing Arts Academy in 2000, where his mission is to facilitate human potential blending principles of rhythm, sound, and movement therapies for personal expression, growth and well-being. Christo provides evolutionary therapeutic arts services for schools, retreats, and conferences through unique experiential classes, seminars, ceremonies, and play-shops. He also creates and produces critically acclaimed therapeutic sound healing and meditation recordings.

Website: www.soundformation.com



Fred and Colleen Sugerman

Is a movement artist and educator, explorer of space between healing and performing arts, and founder of Medicine Dance. An inquiring mind, fierce spirit and curious body informed by mindfulness, traditional theater and dance, and a motorcycle mishap that almost cost a leg.

Fred runs weekly classes, monthly workshops, movement arts laboratories, facilitator trainings, international immersions/retreats, and has a home-based (Tarzana) private practice, where he works with clients and participants from a range of occupations and life experiences.

Website: www.medicinedance.com



Quincy Coleman

Quincy Coleman's music has been heard world wide through highlights such as a guest performance on NBC's The Carson Daly Show, KCRW's coveted Morning Becomes Eclectic, in Starbucks and other retail outlets around the world, and Film & TV.

8 years ago, Quincy says, a stage 4 cancer diagnosis, "Brought me back home to my Soul." By loving and listening to the presence of cancer in her body rather than fighting it, Quincy reawakened to her Spirit and the healing began without Western medicine or conventional treatment. Since then she has had twin boys, been singing at The Vedanta Temple in Hollywood, and joined the Music Ministry at Unity of the Westside.



Appointments

On-going yummy body treatments throughout the day by appointment only! In addition to general admission and the day's offering of play-shops, Out Back Yoga will be hosting Watsu sessions and massage therapy appointments. These appointments are separate from the rest of the day's activities - Out Back Yoga access is not included in or required for an appointment.



Warm-Water WATSU® treatment in a Saltwater pool with Elina Root CA Licensed Massage Therapist (# 21036), Certified Watsu Practitioner

WATSU® or "Water Shiatsu" is a floating warm water massage unlike anything else. In a warm pool, you float weightlessly, with small floats wrapped above the knees for added buoyancy. Your head is supported by the therapist's arm or collar,

and your body is gently twisted, stretched and wafted through the water in graceful fluid movements as the therapist massages pressure points. Many report a feeling of oneness with Source, emotional release, pain and stress relief, and energy renewal after just a single session.

Watsu recipients are also delighted by the inclusion of Crystal Singing Bowls during their session. The unique ringing sound of the bowls vibrates through the water creating deep relaxation, balancing, and holistic healing.

Rate: \$120/60min, \$175/90min

To make an appointment or for more information, please email Elina at elina@aquacareforme.com.

Website: www.aquacareforme.com



Massage Therapy with Mona King Mills in a private massage room!

Come join Mona, Certified Massage Therapist, CMT/CPMT, for a 55 min or 25 min Therapeutic and Relaxation massage treatment.

Including specific bodywork, full body relaxation, Swedish, Cranial Sacral Therapy, Energy Healing, Massage for all medical conditions, (Oncology Certified)

For more info about Mona please visit her extensive website at www.mona.massagetherapy.com

For today Mona is offering an Introductory \$25 discount from her rates! Come take advantage of this amazing offer and bliss your way into the day!

25 mins \$40, 55 mins \$65

Please call Mona to book your session directly for today, 818 300 7851

Policies

Technical details regarding the retreats offered through Out Back Yoga.

No Show / Cancellation Policy

I completely understand that things in life can come up last minute that might cause you to need to cancel your day or any part of it with us. However, I ask that you please be respectful of all facilitators, massage and Watsu practitioners and attendees by giving us a 24 hour notice of cancellation before the start of the event. If you can do that then I can refund you the full amount of your investment. This is “win win” for all of us and allows others to step in to an open slot if the play-shop you are canceling out of was already full.

If you have a need to cancel any or all of your time here after 9am on June 23, I will consider your request for a refund on a case-by-case basis and/or offer you the opportunity to submit your investment to the West Valley Food Pantry in Woodland Hills.

ALSO

There will be a 10 minute rule in effect so if you are later than 10 minutes to your program, entry will be at the discretion of the facilitator.

As a courtesy to all attendees and fellow participants, please be on time for all of your registered sessions. As these sessions are relatively short, arriving late is disruptive to the overall energy and cohesiveness of the group.

Thank you for your kind consideration and cooperation in this matter.

Volunteer Opportunity

Help is Needed in exchange for a play-shop.

Can you help? Yes! I'm so glad you asked! I am gratefully offering 8 complimentary play-shop entries in exchange for 2 hours each of help on the day of the event.

Assistance might come in the form of anything from helping to get set-up, manning the gate, acting as studio manager during a play-shop, assisting with snacks, drinks, ice, assisting in the “quiet space”, clean up after the event... etc. Slots for assistance begin at 7:00 a.m. and go until 10pm. If this is something you might be interested in, please contact me directly before you purchase tickets so we can get you into a time slot and confirm your registration in the play-shop of your choice.

This offer excludes the general admission price, dinner and evening programs.