

# being energy

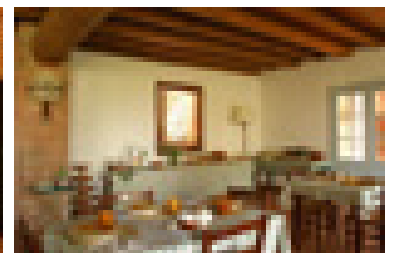
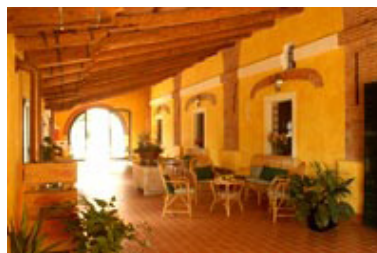
## BECOMING WHOLE: TURNING THE WHEEL OF TIME

MODULE 2

VERONA, ITALY

MARCH 16, 17 & 18, 2012

WINTER RETREAT, SPRING EQUINOX



In this workshop and training that celebrates the winter-spring transition, we will immerse in a deep review, a reflection on our stories and life experiences, to find the coil that binds them together and reveals the underlying meaning/purpose of our lives.

In this second layer of the **Being Energy** Program, you will be guided to write about key turning moments of your life and how they have led you to where and who you are today. Through a unique process of recalling and releasing, you will be invited to let go of the grip of the wheel that keeps us bound to one perspective and let it turn to access new areas of the self. These full and complete stories will become part of something Carlos Castaneda called the album of memorable events. This workshop is the beginning of that album.

This exploration will be supported by the practice of movements and breathing techniques that address the pelvis, chest, upper back and throat, and serve to liberate breathing restrictions and perceptual limitations. Regular practice can help, amongst others, to balance the tone of the nervous system, increasing levels of GABA and serotonin to benefit depression and anxiety, regulate the endocrine system and increase circulation and oxygenation to reverse the effects of chronic stress on the body. Each movement carries an inherent intent that is liberated when the movements are practiced.

This workshop is part of the **Being Energy** Program. However, it is open to everyone who feels a desire to find the essence of who they really are and who seeks a roadmap to living life fully. Even if you are not a writer, this will serve to re-write the voices inside and give them a better script!

Come join us in this ideal environment of a beautiful Italian villa with organic farming and food as we utilize the impulse of the Spring Equinox to bodily experience moments of deep silence; a letting go of obstacles, and a deep recapitulation of one's meaningful life experiences.

We look forward to seeing you all!

Miles Reid, Aerin Alexander and all the **Being Energy** team.

Visit Tenuta La Pila [www.tenutalapila.it](http://www.tenutalapila.it)

## SCHEDULE

<b>Friday March 16:</b>	7:00pm to 10:00pm Session 1
<b>Saturday March 17:</b>	9:00am to 12:00pm Session 2 2:30pm to 5:30pm Session 3 7:30pm to 9:00pm Session 4
<b>Sunday March 18:</b>	9:00am to 12:00pm Session 5 1:30pm to 4:30 pm Training session

## FEES

Three-day Workshop: 290 Euros (260 Euros early bird discount if paid in full before February 1st)  
Six months Training: 475 Euros (440 Euros early bird discount if paid in full before February 1st)

## EXTENDED TRAINING PROGRAM

Consists of participating in the three-day seminar, plus the special training class given at the venue right after the workshop, from 2:30 to 4:30pm, plus 5 online classes once a month (classes are 90'), and active reading of materials and articles given during the classes, with a final evaluation.

## CONTACT AND PAYMENTS

Centro Studi Yoga & Vita tel. +39 0442 92454, fax -39 0454750211  
Cell +39 335 8295710 or +39 338 4370685 e-mail [yoga.vita@libero.it](mailto:yoga.vita@libero.it)  
web site [www.yogavita.it](http://www.yogavita.it)

## REGISTRATION DETAILS

In order to register at the workshop or training is required to send a deposit of 50 Euros as following:

By draft bank to Associazione Yoga & Vita, Via Borgonovo 440 Castagnaro (Vr) cap. 37040, Banca Popolare di Verona Agenzia Villabartolomea codice IBAN IT39N0518859950000000030782 Swift code VRBPIT2V094

Payments by credit card are also available, sending an email to [yoga.vita@libero.it](mailto:yoga.vita@libero.it)

Note: there is a 20 Euros fee for the year 2011 for registrations through Associazione Yoga & Vita.

## STAYING AT TENUTA LA PILA

Double room per night per person at 37.5 Euros, single room (if available) per night at 55 Euros, breakfast included. Three meals at 55 Euros (lunch and dinner on Saturday, lunch on Sunday), each meal more 15 Euros, lunch or dinner. We can make the reservation after we have received the deposit for the workshop. Venue address: Agriturismo Tenuta la Pila, Via Pila 42, Spinimbecco di Villabartolomea (Verona) Italy [www.tenutalapila.it](http://www.tenutalapila.it)

**Individual health consultations will be available after the workshop**

## MORE INFORMATION

Contact local co-sponsors for appointments