

# Ongoing Programs

## Yoga

Tuesday

2010: Sept. 7-Oct. 12; Oct. 19-Nov. 16; Nov. 23-Dec. 21

2011: Jan. 4-Feb. 1; Feb. 8-Mar. 8; Mar. 15-Apr. 12;

Apr. 19-May 26

10:30–11:45 am

These sessions are for all fitness levels; beginners will receive extra attention. Basic Hatha Yoga postures and breathing techniques are used to increase strength, energy and flexibility. Sessions are in groups of five for discount purposes. Feel free to start anytime. Wear loose, comfortable clothing and bring a towel and a mat.

Presenter: **Judy Sheintal Watson, BA**

Fee: \$45 for series or \$10 a session

## Falun Dafa

Thursday

September 9, 2010–May 22, 2011;

except November 25, December 23 and 30

10:00–11:00 am

Falun Dafa is an ancient practice for mind and body, originating in pre-historic China. The practice involves slow, gentle movements and meditation. It is easy to learn and an enjoyable practice. A central component of the Falun Dafa practice is studying the universal principles of truthfulness, benevolence and tolerance.

Facilitator: **Eleanor Howe, MSLS, MEd**

Donations accepted

**Look on the other side for details on  
Aura Soma meeting monthly on Tuesday,  
and Lectio Divina meeting monthly  
on Sunday!**

**To secure your spot in these programs,  
please register at 412-366-1124,  
fax to 412-635-6318,  
or email to [kearnssc1@pghcdp.org](mailto:kearnssc1@pghcdp.org)**

## Aura Soma Meditations

Tuesday

September 14, October 5  
November 9, December 7, 2010

6:30–8:00 pm

Monthly meditations are offered to provide support in addressing the challenges of our economy and bring more peace, understanding, direction and purpose to your life. Color and music energetically attune the focus of each meditation to support you in receiving your own understanding and guidance. The meditations help you to examine your belief systems to see if you are holding onto outdated beliefs that make daily living much more difficult than it needs to be. Each meditation addresses an aspect of these challenges to help you move beyond your fears and self-imposed limitations to discover how you can better use your talents and gifts in the world and bring more peace, prosperity and abundance into your life as you fulfill your soul's purpose. Individuals can attend one or all of these sessions as needed. Revitalize your strength, courage and life force energy and say "Yes!" to all that life has to offer.

*Presenter:* **Jan Polanski, MS, MBA**

*No charge*

## Lectio Divina

Sunday

**2010:** Sept. 26, Oct. 31, Nov. 28, Dec. 19

**2011:** Jan. 30, Feb. 27, Mar. 28, Apr. 17, May 29

1:00--2:00 pm

Lectio Divina, translated from Latin as 'Holy reading,' is a Christian practice of reading and praying with sacred scripture. 'Lectio' involves savoring the word of God, letting it speak to your heart, responding to God and resting in God. Lectio Divina, like a deepening relationship of love, can transform one's life.

*Facilitator:* **Anne Winschel, CDP, MS**

*Donations accepted*