

# Via Maria



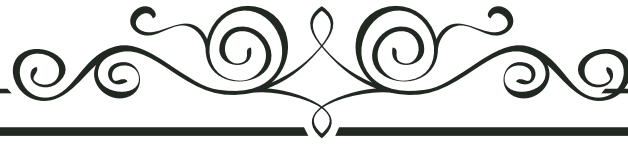
**MARIA RADLOFF** Creative Director

480.600.3765

maria@via-maria.com

**[www.via-maria.com](http://www.via-maria.com)**

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*Maria*

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## wild

Love for the natural world connects us to what we eat and to each other.

## food community

Participating in our local food community grounds us in connection and resilience.

## self-care

Self-care and compassion build our foundation for deeper nourishment.

## GRATITUDE

Preparing food opens us to the experience of gratitude.

### SOCIAL MEDIA TILES



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Suzanne Lewis MS, RDN, CD  
Registered Dietitian and Nutrition Consultant  
801-918-5823  
suzanne@revitalnutrition.com  
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## Eating Mindfully

According to The Center for Mindful Eating, mindful eating is "using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body." In this interactive workshop, we'll explore the basics of mindful eating through Jan Chozen Bays MD's nine hungers while practicing reconnecting with our naturally wise eater within.



### Suzanne Lewis, MS, RDN, CD Registered Dietitian Nutritionist

Suzanne Lewis is a registered dietitian nutritionist with a Bachelors of Arts Degree in Human Biology from Brown University and a Masters of Science Degree in Nutrition and Dietetics from the University of Utah, with a research focus in public health nutrition.

### Topics covered will include:

- Introduction to the basics of mindful eating
- Mindful transition meditation
- Mindful eating experiential activity
- Listening to the stomach practice
- Continuing mindful eating practice at home and work

### Date/Time/Location

For dates of upcoming workshops, questions and registration contact Suzanne at  
[suzanne@revitalnutrition.com](mailto:suzanne@revitalnutrition.com)

### Questions & Registration

[suzanne@revitalnutrition.com](mailto:suzanne@revitalnutrition.com)



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Margo Bachman, L.Ac., DOM  
margo@wildrose-medicine.com  
505.670.4506



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NOTEPAD



Margo Bachman, L.Ac., DOM, MA  
Licensed Acupuncturist (CO), Doctor of Oriental Medicine (NM)  
NAMA Certified Ayurvedic Practitioner  
(505) 670-4506 [margo@wildrose-medicine.com](mailto:margo@wildrose-medicine.com)



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Laurie Marks, BA, MBA, CYT\*

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\*2018 Certification by  
The International Association of Yoga Therapists





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ROYALL-SCHRECK



Celebrating 75 years  
of Kerala Ayurveda

# KERALA AYURVEDA SUMMIT:

ADVANCING AYURVEDA TOGETHER SEP 27-29, 2019



## EVENT PROGRAM

### FRIDAY EVENTS

September 27 • 5:30-9:00pm

#### Opening Ceremonies

LOCATION: AUDITORIUM

Our premier Summit commences with a celebratory honoring of the Kerala Ayurveda lineage, words from our leaders and a nomination for our 2019-2020 graduates of our certification programs.

#### RECEPTION

FRIDAY, SEPTEMBER 27 FROM 5:30-6:00PM

We welcome guests to our premier Summit to check in and enjoy light refreshments.

#### INAUGURAL SESSION

FRIDAY, SEPTEMBER 27 FROM 6:00-6:30PM



**Sri Vijaya Kaper** | Director of Ansha Vajpa Pilgrimage

Sri Vijaya Kaper is the Director of Ansha Vajpa Pilgrimage, one of the main disciples of Swami Dayananda Saraswati. Sri Kaper was one of the pioneers to establish the teachings of Pujya Swami in Petros, California, started in 1979. Sri Vijaya Kaper serves on the board of directors and officers of the Ansha Vajpa Foundation. He is a great teacher of Vedanta and runs many educational programs in Visnava and Bhagavata Gita in the US.

#### Honoring of the Kerala Ayurveda Lineage and Teachers



**Dr. (Dr. Vaidya) Jayaram Kudilamparambil, BAMS, MSc** | Vice President and Academic Director, Kerala Ayurveda USA

Dr. (Dr. Vaidya) Jayaram Kudilamparambil is responsible for all academic programs, wellness services and products offered by Kerala Ayurveda USA. He is an experienced Ayurvedic scholar with a degree in Ayurvedic Medicine from Mahatma Gandhi University, Kerala. He previously served as Director of AyurvedaGanga Heritage Wellness Center, India and headed the Ayurveda Expert team in the new research project development at Kerala Ayurveda on Effluent Safety and Standardization of Ayurvedic wellness solutions. He is a Board Member of the National Ayurvedic Medical Association (NAMA) and the California Association of Ayurvedic Medicine (CAAMM).



**Dr. (Dr. Vaidya) Anil Kumar, BAMS** | Executive Director, Kerala Ayurveda Limited

Dr. (Dr. Vaidya) Anil Kumar is the Executive Director of Kerala Ayurveda Limited, the elder son of Kerala Ayurveda's Founder, Vaidya KSC Thekkad, and a third generation Ayurvedic physician. The entrance of Kerala Ayurveda into the mainstream Ayurvedic industry as well as its wide recognition as a full spectrum, multi-sectored Ayurvedic company is due to his efforts. He is a former faculty of Kerala University of Health Sciences and has served on several Ayurvedic organizations, including CAMe Kerala (Consortium of Kerala Ayurveda Industry), the Ayurveda Drug Manufacturers Association (ADMA), Pharmacopoeia Commission for Indian Medicine and Homoeopathy – PCIM (Govt of India), Ayurvedic Medicine Manufacturers Organization of India (AMMOI), and formerly the Ayurvedic Medical Association of India (AMAI) and the Central Council of Indian Medicines Dept. of Health (CCIM). He is the recipient of the Outstanding Entrepreneurship Award from KSCC (Govt of Kerala).

PAGE 4

Kerala Ayurveda USA - Summit 2019







## Ancient Solutions FOR REVITALIZING MODERN COMMUNITIES



## COURSE CATALOG

Holistic Ayurvedic Coach (HAC)  
Ayurvedic Health Counselor (AHC)  
Ayurvedic Practitioner (AP)

FALL 2021 PROGRAMS  
V1.0

### Table of Contents

<b>WELCOME TO KERALA AYURVEDA ACADEMY</b>	<b>5</b>	<b>TUITION &amp; FEES</b>	<b>23</b>
Ayurveda: The Science of Life	6	Payment Plans for Tuition	23
Professional Possibilities with Ayurveda	6	<b>APPLICATION</b>	<b>23</b>
Why Choose Kerala Ayurveda Academy?	7	<b>POLICIES &amp; PROCEDURES</b>	<b>24</b>
<b>PROGRAM OVERVIEW</b>	<b>8</b>	Student Complaint Procedure	24
General Format	8	Transferring of Credits & Credentials	24
Format Options	8	Experiential Credit	24
Prerequisites	8	Refund and Cancellation Policy	25
Scope of Practice	9	Refund Policy	25
Course Description & Objectives	9	Attendance Policy	27
Program Format & Hours	12	Make-up and Retake Policy	27
Program Breakdown by Hours	16	Conduct	27
Program Breakdown by Clinical Encounters	17	Termination Policy	28
Tests & Grading	17	Suspension and Dismissal Policy	28
Completion Requirements	17	Leave of Absence	28
<b>FACULTY</b>	<b>18</b>	Financial Aid	28
<b>RECOMMENDED READING</b>	<b>21</b>	Student Tuition Recovery Fund (STRF) fee (non-refundable) - State of California	29
<b>SCHEDULE: FALL 2020-2021</b>	<b>22</b>	Student Tuition Recovery Fund - State of Washington	30
Start and Completion Dates	22	English as a Second Language & Foreign Students	30
Practical Immersion for Distance Learners	22	Record Retention	30
Test & Completion Schedule	22	<b>FAQ</b>	<b>31</b>
<b>LOCATION</b>	<b>22</b>		
Miyata, CA	22		
Special Accommodations	22		

*"In-class attendance is required for those students who wish to become eligible for NAMA professional membership. (Students who do not want to attend in person and do not wish to become eligible for NAMA professional membership may watch the live streaming of the immersions)."*

### Tuesday Virtual Classroom Sessions - 56 hours

#### Tuesdays 5:30-7:30pm U.S. Pacific Time

Tuesday Virtual Classroom sessions are live streamed and recorded for all students from 5:30-7:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum. The final 30 minutes of the session are reserved for student questions. The access link and class recording is made available in the elearning platform.

### Wednesday Sessions - 11 hours

#### Wednesdays 5:30-6:30pm U.S. Pacific Time

Wednesday Sessions are live streamed and recorded for all students from 5:30-6:30pm U.S. Pacific Time. Each session is conducted by a KAA Faculty member and focuses on a topic related to the curriculum and assignments. There will be ample time for questions and answers. The access link and class recording are made available in the elearning platform.

### Recorded Lectures - 195 hours

#### Elearning platform

All virtual classroom sessions, recorded lectures are available in the elearning platform for student access. Each session is designed to reinforce key concepts. We also offer the first four recorded lectures of our Ashtanga Hridayam series as an introduction for AHC students. Students may watch recorded lectures at their own pace throughout the month. Each individual lecture is approximately 1-2 hours in length.

Subject	Hours
Essence of Ayurveda (Tanika Sankhya and Sharir)	10
Ayurvedic Physiology (Dosha Dhatu Mala Vigyan)	10
Ayurvedic Psychology (Manasa Shashtra)	11
Ashtanga Hridayam Part 1	18
Ayurvedic Nutrition & Cooking (Ahara Vigyan)	11
Ayurvedic Preventive Science (Swastha Vitta)	13
Ashtanga Hridayam Part 2	18
Ayurvedic Yoga (Yoga Vigyan)	10
Ayurvedic Herbolgy (Dravya Guna Shashtra)	9
Introduction to Ayurvedic Bodywork (Panchakarma)	9
Disease Pathology (Roga Nidan)	10
Disease Management (Kaya Chikitsa)	11








BOOK COVERS

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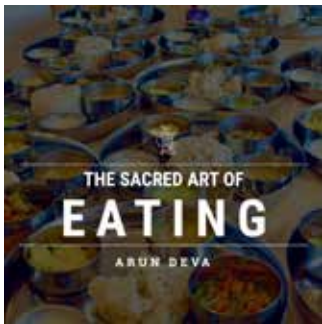
 तत्त्वमसि  
tat tvam asi

You are that inner light of awareness which  
is centered in your heart and  
permeates every cell of your body.

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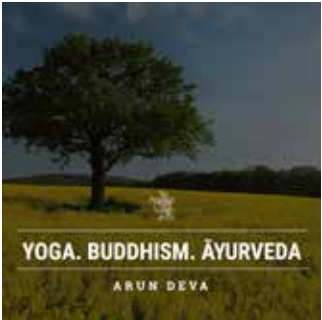
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Yogarasāyana

WORKSHOP  
VIDEO COVERS



CAUSES OF



PSYCHOLOGICAL  
FACTORS


prajña aparādha

incorrect utilization of  
intellect and reasoning

ॐ

Using Āyurvedic Yoga Therapy

To Facilitate The Healing Of The Emotional Body



With Arun Deva, DAsc, AP-NAMA, AYT-NAMA, C-IAYT, E-RYT500, BA (Lit)

NAMA CONFERENCE, 2019

RELATIONSHIPS

asatmya indriyārtha  
samyoga

incorrect usage of the  
senses

NATURE

kāla parināma

seasonal changes

ॐ

neka dhā'nugrahāya  
aktrassubhogi |  
ye yasya nityam  
lo yogayuktaha ||

...ents, having renounced his form, incarnates as  
...pon of yoga to the people of the Universe. He who has  
...powerful venom; who has many hoods, is always  
...ledge everywhere, surrounded by serpents who serve  
...less body and who is the giver of Yoga, himself being  
...perfectly established in it, having destroyed all the klēsa group (avidya etc),  
May he protect us all!



## WELCOME!

In this monthly series, CCG answers compelling banking, fintech, and credit union related questions sent in by our community.

Subscribe to CCG Insights for more!

# Q

We are a large community bank in the Midwest, we hear the term open banking often. What is open banking? Do we need to have it? Does our core vendor support open banking?

# A

There are many explanations of open banking out there today. So many, that it might seem daunting.

Wikipedia says open banking is a financial services term that falls under financial technology referring to the use of open application programming interfaces (APIs) that enable third-party developers to build applications and services around a financial institution.

Investopedia defines open banking as a banking practice that gives third-party financial services providers open access to banking transaction and other financial data from banks and nonbank financial institutions using APIs. It goes on to say that open banking allows the networking of accounts and data across institutions for use by customers, financial institutions, and third-party service providers.

To boil it all down, open banking is about the flow of data from one institution to another to improve products and services for customers. And it is set to be a major source of innovation that will drive the industry forward.

Open banking originated in Europe with the implementation of the UK's data-sharing mandate and the launch of the EU's Revised Payments Services Directive (PSD2). That regulation laid out a very specific definition of open banking centered on the ability to share customer data via API with their consent. US banks, meanwhile, have had the luxury of taking a more measured approach toward open banking. They have learned from the experiences of their European counterparts, which have provided important lessons for US banks starting to develop their own open banking strategies.

SEE MORE QUESTIONS AND ANSWERS

- Open Banking
- BaaS
- Fintech

Submit your own question for our expert advisors >

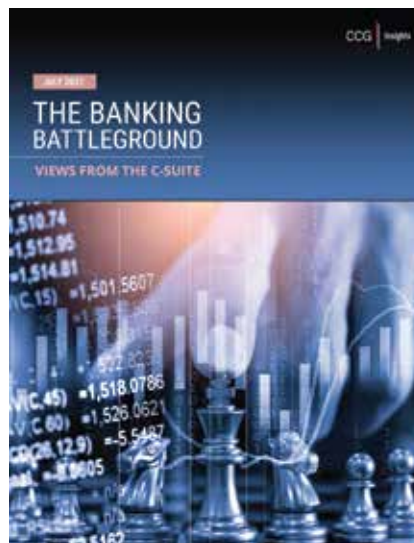
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ALL WEB DESIGN (BUT NOT DEVELOPMENT OR IMPLEMENTATION)

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RESEARCH PAPERS - APPROX 18-22 PAGES EACH

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## RESEARCH

### BANKING-as-a-SERVICE: Navigating a New Frontier

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POSTCARD

# CCG

Insights

GET YOUR COMPLIMENTARY **RESEARCH REPORT**

WHAT IS BaaS AND HOW DOES IT AFFECT YOUR FINANCIAL INSTITUTION?

# CCG

DARIA NAZAREWYCZ  
Senior Director

CCG Catalyst Consulting Group  
2375 East Camelback Road  
Suite 690  
Phoenix, AZ 85016  
daria@ccg-catalyst.com  
www.ccg-catalyst.com

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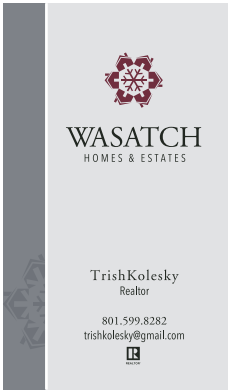




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SOCIAL MEDIA COVER IMAGES



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# Ayurveda

## THE DOSHAS

It's been my experience that people's first connection to ayurveda is by trying to learn what his/her dosha is. This can be a trick question because many times the true dosha will be hidden by the dosha of the imbalance.

To have balanced doshas, one must have the original balance of vata, pitta and kapha that existed at conception. When the proportion of the doshas changes, due to foods, season, environment, or lifestyle, that is when "symptoms" will arise and the imbalance should be addressed.

We balance the doshas in two ways: we add the opposite qualities of the aggravated dosha (more common), or we remove qualities of the aggravated dosha.

There are seven doshas one may have: vata (single dosha)

### VATA

AIR & ETHER  
dry • rough • light • cold • subtle • mobile

**Physical:** slim, short/tall, oval face, dry skin, thin hair, small joints, long fingers, prominent bones, unevenness

**Balanced Vata:** quick & flexible mind, creative, imaginative, joyful and happy, talk a lot, excited, alert, loving, highly alert

**Imbalanced Vata:** fearful, restless, insecure, nervous, ungrounded, spaced, scattered feeling depressed, anxious, twitches, tics, tremors, spasms, dry skin, constipation, gas, bloating, dry, hard stools, variable digestion, low body weight, dislike of cold, trouble sleeping, excess thinking or worrying

### PITTA

FIRE & WATER  
oily • sharp • hot • light • moving • liquid

**Physical:** medium body, sharp nose & chin, penetrating eyes, pink skin, freckles/moles, early grey or balding

**Balanced Pitta:** intelligent, good memory, logical, good speakers, leaders, clean/neat, charismatic, brainy

**Imbalanced Pitta:** angry, critical, judgmental, impatient, irritable, meticulous and perfectionist tendencies, dominating, controlling, aggressive, workaholic, competitive, skin issues - red, inflamed rash, acne, cold sores, acid reflux, gastric or peptic ulcers, heartburn, hangry, discomfort if missing a meal, loose stools, digestion that is too hot and fast, feeling hot or burning, red, inflamed or light-sensitive eyes


### KAPHA

WATER & EARTH  
moist, cold, heavy, static, sticky, soft, cloudy, slow, smooth

**Physical:** full-bodied, round face, round nose, big round eyes, luscious hair, soft ivory skin, larger joints, stocky hands, strong endurance

**Balanced Kapha:** sweet, loving, happy, caring, nurturing, faithful, grounded, patient, steadfast

**Imbalanced Kapha:** congestion & excess mucous, white tongue coat, hard to wake in am, feeling heavy, slow, foggy, dull, laziness, sluggish bowel movements/weak digestion, high body weight, swelling, easily attached, hoarding, shy, feeling slow, foggy, dull, lethargic or heavy, overly sentimental, attachment, complacent or stubborn



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## AWAKE

Wake Time

Morning Rituals

PRACTICES

Yoga Practice

Exercise

MEALS

Breakfast

SLEEP

Bed Time

Night Time Rituals



## Six Tastes

### Sweet

**Foods**  
natural sugars, honey, rice, corn, wheat, ghee, milk, butter, eggs, pasta, red lentils, almonds, cashews, beets carrots, sweet potatoes, dates, figs




## Ritucharya

health & happiness are yours  
Apply ayurveda to your food, routines and practices.

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## Seasonal Routine



**Seasons:**

- Kapha – Late Winter, Spring
  - February, March, April, May
- Pitta – Summer
  - June, July, August, September
- Vata – Autumn, Early Winter
  - October, November, December, January



## Create a routine

- Support vata/nervous system
- Support immune system
- Peaceful, focused mind – meditation, visualization
- Waking/Sleeping
- Eating
- Yoga – legs up the wall, pranayama
- Training - keep evening trainings lighter/shorter so doesn't aggravate vata and won't be able to sleep

## POWER POINT PRESENTATIONS



## Ayurveda 4 Athletes

Eat well, stay strong, train hard.  
Apply ayurveda to your sport, to your life.

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## Applying ayurveda to sports – 4 concepts

- we have to keep vata dosha in tact
- we have to keep our fire strong
- we have to be able to fully digest our food to nourish our body
- we need to maintain strength, vitality and immunity



## Meals Avoid

- do not be lured by steak, pasta - you have to ease back into heavy foods because your body is recovering. it has been through a stressful event.
- avoid protein powders and processed whey - body won't digest it, use hemp instead (can ground and mix with almond milk for a protein shake)
- avoid smoothies and raw foods



TRADE SHOW BANNER



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## - NOTES FROM THE LIGHT -

MEET THE DIVINE LIGHT COUNCIL AS THEY SHARE THEIR  
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26TH ANNUAL TRIBUTE TO LEADERSHIP

# DARE TO BE POWERFUL

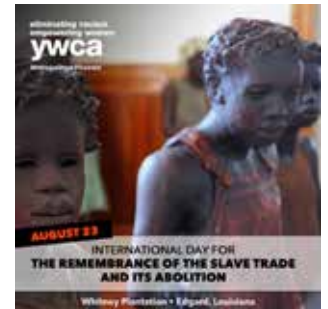


## LUNCHEON AND AWARDS PROGRAM

February 20, 2020  
The Scottsdale Resort at McCormick Ranch

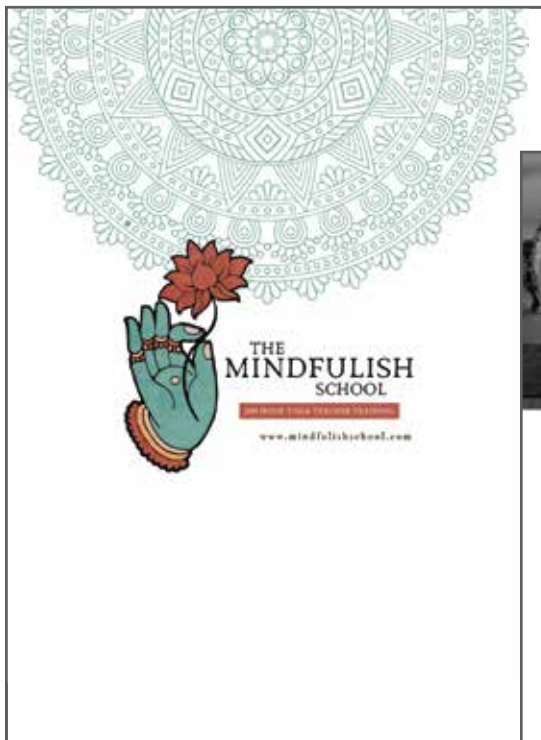
*Celebrating and Honoring Leaders Who  
Make a Difference in Our Community*

eliminating racism  
empowering women  
**ywca**  
Metropolitan Phoenix



SOCIAL MEDIA TILES

ANNUAL EVENT PROGRAM



## Chapter 1: Asana

- WARM UPS
- STANDING
- INVERTED
- HEART OPENERS
- ARMS/BALANCES
- FORWARD FOLDS
- SEATED
- HIP OPENERS
- CLOSING
- SUN SALUTATIONS

The Mindful School

page 11



### THREAD THE NEEDLE

Thread the Needle

Alignment Cue

Breath Cue

Variations

Contraindications

The Mindful School

page 12



### ARDHA HANUMANASANA

Half Split

Alignment Cue

Breath Cue

Variations

Contraindications



## Table of Contents

Chapter 1:	Asana
Chapter 2:	Pranayama
Chapter 3:	Meditation
Chapter 4:	Ayurveda
Chapter 5:	Physical Anatomy
Chapter 6:	Energetic Anatomy
Chapter 7:	Individually
Chapter 8:	Yin + Restorative
Chapter 9:	Methodology
Chapter 10:	History, Philosophy, Deities, + Buddhism
Chapter 11:	Sanskrit + Yoga Sutras
Chapter 12:	The Nervous System + Trauma
Chapter 13:	Business + Ethics

page 1

1

**TODAY**

**TACKLING  
IMPORTANT ISSUES**



**SUPPORT THOSE IN NEED  
THROUGH DIRECT SERVICES**



**SENIOR PROGRAMS:** Meals and activities for seniors to enable them to age in place with dignity.

**PROSPERITY PROGRAMS:** Empowers women to gain financial independence through workshops and coaching.

2

**TOMORROW**

**ENGAGING THE  
COMMUNITY**

**INITIATE SHARED LEARNINGS THROUGH  
A LENS OF RACE AND GENDER**

Impact evaluations to assess the changes our programs / projects have made/are making.

Surveys, evaluations, and analysis to assess the **IMPACT** of our programs and projects

Focus groups to gather qualitative data and in-depth insights on needs of the community.



Racial Justice / Equity Workshops and Programs for individuals and organizations.



Strategic partnerships that impact Social Determinants of Health.



3

**FUTURE**

**ACTIVATING AND  
DISMANTLING**

**CREATE SYSTEMIC CHANGE THROUGH  
COURAGEOUS ACTION AND DISRUPTION**

**Equity in Organizations**

Influence and demonstrate best practices and leadership to create shifts in policies, programs and access that better serve women and people of color.



**Equity in Philanthropy**

Address power dynamics, promote equitable processes, and provide Equity Workshops to grant and scholarship recipients of our partner organizations.



**National and  
Local Advocacy**

Advance race and gender justice by advocating for policies that support our mission.





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Make the choice to be well.*

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Saturday, April 28, 2012

4:00 – 6:00pm

*(Introduction, Information and Meditation begins at 5:15pm)*

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### OUR MISSION STATEMENT

This center is dedicated to the health and wellness of the mind, body and spirit of everyone who enters these doors. We are committed to providing services that are of the highest standard of professionalism, integrity and truth. We believe confidentiality and trust are paramount and hold this privacy in utmost regard. We have faith that as we grow individually, we also grow in our families, in our communities and globally. We put forth that by going deeper into our lives, we can actualize the true potential of our selves and those around us. We vow to work with an open mind and are devoted to the care of the heart and soul within all who enter these premises.

[www.b-wellcenterofscottsdale.com](http://www.b-wellcenterofscottsdale.com)







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AN AYURVEDIC APPROACH TO INFECTIOUS VIRAL FEVERS

August 19, 2021

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POSTER

## SCHOOL of PRACTICAL PHILOSOPHY and MEDITATION

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*"Truth lives in each one of us, waiting to  
be revealed... In truth, each of us is made  
whole; in truth, all are united. No  
happiness is like that in which people  
move together, manifesting the truth."  
~ Leon MacLaren*

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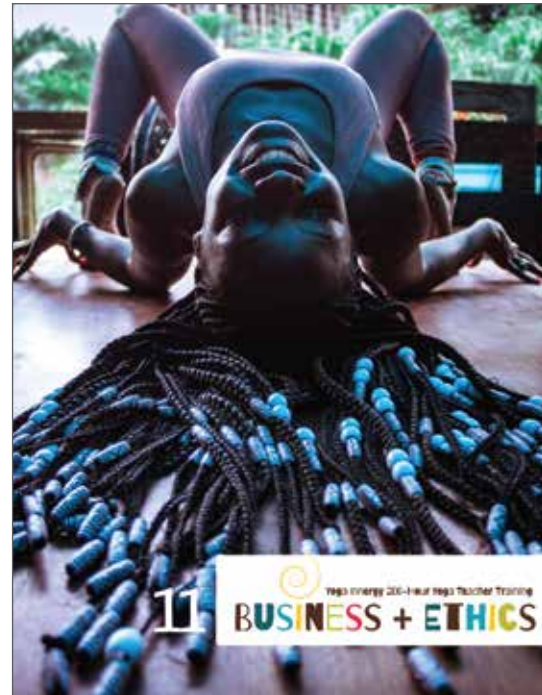


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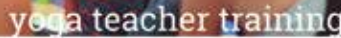
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## YOGA TRAINING MANUALS

	<p><b>Warrior Two Pose</b>  <i>Virabhadrasana II</i> (Vee-BAH-dah-OAH-sah-nah)</p> <p><b>Origin:</b> Virabhadra means "warrior"</p> <p><b>How to do it:</b> From mountain pose, step your feet wide apart and spread your arms out wide to the side, so they are parallel with the floor. Turn your right foot out to the right and your left foot slightly in so the toes point toward the right foot. (Same as Warrior I stance.) Inhale deeply and, as you exhale, bend your right knee, moving your right leg into a perpendicular angle with your right thigh becoming parallel with the floor. Turn your head to gaze over your right hand. Switch sides to work the opposite part of your body.</p> <p><b>Benefits:</b> Strengthens the legs, ankles, upper back, and arms. Stretches the inner thighs, breath awareness. Lengthens, increases quad strength, and balance.</p>
	<p><b>Chair Pose (or Fierce Pose)</b>  <i>Utkatasana</i> (OOT-kah-TAH-sah-nah)</p> <p><b>Origin:</b> Utkata means "fierce"</p> <p><b>How to do it:</b> Stand with your feet together and your arms by your sides. Take a big breath in, then exhale and bend your knees deeply, like you're sitting in a chair. Reach your arms straight up in a gentle diagonal.</p> <p><b>Benefits:</b> Strengthens and tones the legs, gluteal muscles, and arms. Stretches the side body.</p>



created by Rachel Cieslewicz

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Rip \_\_\_\_\_  
Recreation \_\_\_\_\_  
200 Year Goal Written Test \_\_\_\_\_

Types of Items	4
Survey Instruments	5
Scientific Method	5
Scientific Vocabulary	5
Resources	20
Advanced Links	7
Guidelines for a Top Teacher	

BASIC	
New Greek Gods	20
Exercises	20
Foundations of a Balanced Diet	20
How to Sequence a Stage Diet	20
Diet Sequencing I	20
Diet Sequencing 2	20
Diet Sequencing 3	20
Seal	20
Observations of Teaching	20
What is?	20

Effective Communication Skills	45
Teachers, Leaders, Builders	45
Applying Life Experience to Teaching	45



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1	Editorial Table
2	Meeting Point
3	Abstract
4	Review
5	Open & Manuscript
6	Journal
7	Topicalities
8	Book
9	Book Review

I feel honored to be a part of Model's ongoing teacher training program. There has been limited program to offer out of the greatest language available, as it presents itself in a variety of aspects... as a physical form, as a subtle breath form, and as a sensory of one's own sense with which is the ultimate true form. I see the students come in for a variety of reasons, from their wanting to reach some pre-specified to please their own desire. As to end of the program, I see a transformation and a beautifully blended group of humans that have and shared an amazing experience together. I am amazed, touched by the love, the love and the gratitude. This is so far an incredible life!

-Steve Gifford, Illinois 2011

www.elsevier.com/locate/jmb







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- Week 4** Inviting Grace  
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- Week 5** Head Space  
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- Week 6** Time & Place  
Daily routine & meal planning.
- Week 7** Plant Base  
Explore your relationship with food.
- Week 8** Open Space  
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# Transformations SOCIETY

## LETTER FROM OUR CEO: THE NEW YEAR

THE POSSIBILITIES OF ALL POSSIBILITIES



### Happy New Year!

In this new year, new decade for that matter, New Pathways finds incredible hope. A hope that represents the possibility of all possibilities for our youth.

As many of you know, our youth identify strongly with the term "possibility of all possibilities." It is a tool we use in our evidence-based curriculum to open their eyes to the self-limiting beliefs they hold. Possibilities of all possibilities pave the way for endless opportunities for success.

Over the holiday, we have been settling into our new home, reflecting on and anticipating the bright future we have before us. That is why we have chosen "possibility of all possibilities" as our anthem for 2020.

We have done the hard work as an organization to identify our own self-limiting beliefs and are now spring boarding into this new decade with endless opportunities for success before us.

Over the next five years we plan to recruit 1,500 mentors to serve 1,000 youth. We are also expanding our curriculum to deepen our impact in the lives of our youth and young adults. We are increasing from two to five intensive retreats per year, adding tele-training for mentors, and elevating and increasing the

number of programs for youth and their families. We will also be growing the size of our staff to accommodate increased program size and provide specialized case management and mentor coaching and development.

But, as with all great transformations, this is where the hard work begins. We have crafted our goals, designed our strategies, built our team and are now ready to dig into impact.

Your support, insight and ongoing advice will be critical as we navigate the inherent challenges in growth. Thank you for your commitment and belief in our mission. Each of you represent our "possibilities."

Cheers to 2020 and the possibility of ALL possibilities.



Christy McClendon, CEO

*Christy McClendon*



team moved  
at youth  
and already  
firsts include  
Appreciation

way but we  
27, 2020 we  
sneak peek

### Naming Opportunities

are still available

Campus	\$1,500,000
Community Course Room	\$750,000
Acceptance Training Room	\$300,000
Inspiration Courtyard	\$250,000
Huge Meeting Room	\$150,000
Connection Kitchen	\$150,000
Support Director of Operations Office	\$100,000
Joy Kitchenette	\$100,000
Donor Wall Tiles	\$50,000-99,999

To discuss these opportunities and more, please call Christy McClendon at 602-258-1012.

### New Pathways for Youth



### LOOK WHAT YOU HAVE HELPED TO MAKE POSSIBLE!

WE HAVE RAISED NEARLY \$4 MILLION OF OUR \$17 MILLION CAPITAL EXPANSION PROGRAM. WITH THE PENDING SALE OF OUR CURRENT BUILDING, WE NEED YOUR HELP AS WE LOOK TO RAISE AN ADDITIONAL \$1 MILLION TO REACH OUR DOUBLE THE IMPACT GOAL.

## TRANSFORMATIONS SOCIETY MEMBERS

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### WHO HAVE RENEWED YOUR INVESTMENT FOR 2019-20

1-12 Member, 13-2017-18 Member, 2018-19 Member, 2019-20 Member

8-PAGE NEWSLETTER

NEW HOME. NEW IMPACT. NEW PATHWAYS!

THE POSSIBILITY OF ALL POSSIBILITIES HAS ARRIVED

We are expanding our community by our work, we are in the midst of the most exciting time in our 30-year history.

Our new home is the physical representation of our commitment to creating our impact and transforming lives across Arizona.

Don't miss the chance to celebrate this historic milestone with us!

New Pathways for Youth

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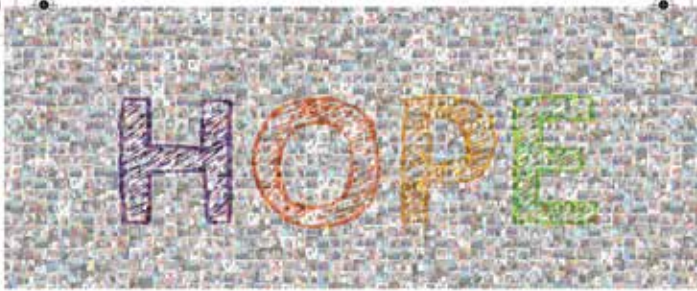
A nonprofit organization with 501(c)(3) status. All proceeds from our events benefit the organization.

PLEASE RSVP at [www.newpathwaysfor.org](http://www.newpathwaysfor.org)

FOR ADDITIONAL INFORMATION, please contact [info@newpathwaysfor.org](mailto:info@newpathwaysfor.org) or 602-462-4200

New Pathways for Youth  
401 E. JEFFERSON ST. PHOENIX, AZ 85004  
WWW.NPFY.ORG  
602-462-4200

FRONT/BACK - ANNOUNCEMENT



## Transformations Society Reception

### REFLECTION AND HOPE

October 23, 2019

Cocktails and Passed Hors D'Oeuvres

#### WELCOME

Jenny Murray  
New Pathways for Youth Board Chair

#### BELONGING

Manny  
New Pathways for Youth Graduate

#### REFLECTION

Christy McClendon  
President & CEO and Mentor

#### HOPE

Jennifer  
New Pathways for Youth Graduate

#### FUTURE

Jenny Murray  
New Pathways for Youth Board Chair



#### BOARD OF DIRECTORS

Jennifer Murray, Chair  
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#### TRANSFORMATIONS SOCIETY CHAIRS

Wendell and Michele Cook

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Tim and Katherine Beatty

Lauren Frank

Jenny and Brian Murray

#### THANK YOU TO OUR EVENT PARTNERS





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