

# Mind-Body Week DC 2011 Schedule

**Thursday, October 13, 2011**

**12:00 pm - 4:30 pm**

Location:

**Kay Spiritual Life Center  
American University  
Washington D.C.**

Description of Event:

Introduction to Mind/Body Week, D.C.: **Deborah Norris, Ph.D.**, Founder of  
The Mindfulness Center

Introduction of Keynote Speaker: **John Glowa, Ph.D.**, Program Officer, NCCAM/  
National Institutes of Health

**Keynote Speaker: Herbert Benson, M.D.**, Director Emeritus of the Benson

Topic: **The Relaxation Response: How to Counteract the Harmful Effects of Stress**  
Henry Institute and Mind/Body Medical Institute Associate Professor of Medicine,  
Harvard Medical School

Guided Meditation: **Rudolph Bauer, Ph.D.**, Director of The Gestalt Psychotherapy  
Training Center

Speaker: **Kevin Chen, Ph.D.**, MPH, Associate Professor, Integrative Medicine  
University of Maryland School of Medicine

Speaker: **Karen Soltes, LCSW, RYT**, Director of therapeutic yoga programs, Circle Yoga  
Topic: **Teaching Yoga and Meditation in Military Communities**

**Friday, October 14, 2011**

**8:00am-1:00pm**

Location

**The Mindfulness Center  
Bethesda, MD**

Description of Event:

8:00am-8:50am Presenter: **Dr. Deborah Norris**

Topic: **Mind-Body Yoga Class: Yoga as Moving Meditation**

This class is for an overall awakening of the strength and the power of being. Deepening the Mind-Body connection through mindful movements that release tension, improve blood-flow and strengthen muscles, we grow neural connections and strength throughout the mind-body. Includes meditation, yoga strength training, stretching, and light aerobic movement. A class for all levels.

9:00am-10:00am Presenter: **Ted Cibik, Ph.D.**

Topic: **Medical QiGong and Cancer in the 21<sup>st</sup> Century**

Dr. Cibik's talk will be on Qi Emission as a treatment for idiopathic stage three / four cancers. Dr. Cibik will share how he's been using a specialized technique that he developed over time to work with patients that have either multiple tumors, cancer that is metastasizing or spreading, dealing with patient fatigue and low blood counts that occur during chemotherapy. Dr. Cibik will also be addressing the depression that occurs and how QiGong empowerment can assist.

10:15am-11:15am Keynote Presenter: **Master Yang Yang**

Topic: **Evidence-Based Taiji and Qigong: Nurturing Mind, Body, and Spirit**

Traditional Taiji (T'ai Chi) practice is much more than choreographed slow movement – physical, mental, and spiritual principles are all integral to correct practice. In this presentation Dr. Yang will explain essential components of traditional Taiji and Qigong practice, summarize research findings to date and limitations of existing research, address potential directions for future research, and present his own quantitative and qualitative research findings on the multidimensional benefits of traditional Taiji and Qigong practice. This will be an interactive presentation, and attendees will learn and experience simple static and dynamic Qigong exercises. In addition to physical movement, participants will also learn methods for cultivating tranquility and maintaining positive attitude in dealing with daily challenges.

11:30am-12:30pm Presenter: **Jo Ann Saugaard-Jones**

Topic: **The Remarkable Psoas Muscle**

This session covers the all-important Psoas muscle physically, emotionally, and spiritually through experiential movement, some yoga asanas, and meditation as it affects the lower triangle of the body's energy system. Gentle psoas muscle release can lead to relief of lower back and sacro-iliac problems, and enhance the breath and energy channels for healing and health.

Class begins with a warm up using the designated psoas area to energize the hips and spine. Focus is on gentle exercise that incorporates the psoas muscle as a lumbar stabilizer and hip flexor, working through both stretch and strength. We then release the psoas; the experience enables the body, mind, and spirit to awaken through poses, breath, meditation, and awareness. The class is based on Mrs. Saugaard-Jones' next book, "The Psoas Muscle: Connecting Physical, Emotional, and Spiritual Aspects of the body's most important skeletal muscle", due out in 2012 through North Atlantic Books. This class will be a minimal movement workshop and mostly lecture, so attendees may feel free to participate in the movement or just focus on the information discussed.

12:40pm-1:40pm Presenter: **Diane Armstrong**, Reiki Master

Topic: **Break-Out Session, Reiki is First for You**

This is a one-hour interactive discussion about ways that a regular Reiki practice can enhance your capacity to fully—and joyfully—engage in the purpose of your life. Self-care and service can easily co-exist. This ability is especially important for caregivers and healthcare professionals who devote their lives to the service of others.

**Friday, October 14, 2011**

**5:00pm-9:00pm**

Location

**Suburban Hospital  
Bethesda, MD**

Description of Event

**Opening Event to Kick-Off Mind-Body Week D.C. 2011**

Introductions: **Dr. Deborah Norris**, Founder and Executive Director of  
The Mindfulness Center

Keynote Speaker: **Dr. Roger Jahnke**

Topic: The Proliferation of Mind/Body Practice in America: The Most Profound Medicine  
is Produced Within the Human Body for FREE!

Speaker: **John Schumacher**, Founder and Director of Unity Woods Yoga Center

Topic: **The Subjective Nature of Yoga Therapeutics**

In a society oriented toward dealing with health issues by having health providers write  
prescriptions that work immediately, it should not be surprising that people who come to  
yoga for therapeutic reasons expect the same thing. So much depends on the practitioner  
and the teacher that a valid question is "Can there be a standard for yoga therapeutics?"  
In this talk, John Schumacher will discuss how the use of yoga for therapeutic purposes  
is a deeply subjective interaction between teacher and practitioner and why this is  
essential for optimal results.

Speaker: **Barbara Moquin, Ph.D.**, Senior Health Science Administrator at NIH

Topic: **Evidence-Based Mind-Body Skills for Work and Home**

More events and details of this day's events to come.

**Saturday, October 15, 2011**

**9:00am-1:00pm**

Location

**The Mindfulness Center  
Bethesda, MD**

Description of Event

9:00am-10:00am Presenter: **Robin Carnes**, MBA, E-RYT 500

Topic: **Integrative Restoration (iRest®) Yoga Nidra Meditation: Principles,  
Practice and Research**

In this 1 hour workshop, Robin Carnes, an iRest® master teacher and supervisor will:

1. Explain what iRest® Yoga Nidra meditation is and describe its relationship to the ancient  
tradition of Yoga Nidra
2. Describe the promising clinical research on iRest® and how it is being used to treat  
returning soldiers who are suffering from PTSD
3. Lead an experiential demonstration of the iRest® 10 stage protocol

(NOTE: NO PREVIOUS YOGA OR MEDITATION EXPERIENCE NECESSARY)

10:15am-11:15am Presenter: **Izabella Tabarovsky, MA / HTCP**, Founder of Holistic Health DC

Topic: **Beyond Aroma: The Remarkable Therapeutic Potential of Essential Oils - Science, Clinical Experience, and Practical Applications**

Aromatherapy – the science and therapeutic application of pure essential oils – has really stepped into the limelight in the last decade. In their pure state, essential oils are some of the most concentrated natural extracts known to man, exhibiting a fascinating array of significant and immediate therapeutic actions. These include antiviral, anti-inflammatory, anti-depressive, antibacterial, and hormone-balancing effects, as well as calming, sedating, uplifting, and positive emotion-stimulating properties.

In clinical practice, essential oils have been shown to have a profound influence on the central nervous system, helping to reduce or eliminate pain and release muscle tension.

The chemical structure of a pure essential oil allows it to rapidly penetrate cell membranes, travel throughout the body, and enhance cellular function. For health professionals who have used pure, therapeutic-grade essential oils in their practice, it is very clear that the oils have an unmatched ability to enhance results for their clients.

In this workshop, Izabella Tabarovsky will summarize research and clinical evidence underlying the modern practice of aromatherapy. She will discuss how hospitals worldwide are incorporating aromatherapy into patient care, share clinical pearls from her own practice, and discuss how anyone can safely use essential oils at home for optimal health and well-being. Please come prepared to enjoy the tantalizing and healing aromas of some of the pure essential oils that we'll be discussing first-hand.

11:30am-1:00pm Presenter: **Sierra Bender**, internationally acclaimed women's advocate, author, and creator of the Sierra Bender Empowerment Method

Topic: **Sierra Bender Empowerment Method (SBEM) 4 Body Fit® approach to whole self-health: A Unique Multimodal Method that Breaks the Cycle of Stress and Disempowerment of all Four Areas of Human Existence**

Sierra Bender's Empowerment Method (SBEM) emphasizes disciplines of modern medicine, science, indigenous wisdom, holistic health, and yoga therapy. All of her work is built upon the SBEM, which empowers women to face their fears, awaken their spirit, and redefine what it means to thrive in today's world.

Part physical workout, part yoga practice, part spiritual reflection, no matter what your fitness level or whether or not you consider yourself a spiritual person, the 4 Body approach will help you experience the full spectrum of human experience – strength and vulnerability, determination and receptivity, self-reliance and intimacy, action and rest. You will learn how to strengthen the immune system, halt the aging process, rejuvenate the body, clear the mind, release pent up emotions, burn fat, contour muscles, energize the spirit, sooth the soul and enhance your level of physical fitness.

SBEM is currently being employed by therapists, medical practitioners, educators and yoga instructors, and is also being studied by American University, DC and University of Puerto Rico in a nationwide clinical trial to measure its effectiveness as a tool for empowering women and girls. SBEM is also being implemented in schools systems for teenage girls across the country, such as the prestigious Stuyvesant High School in Manhattan, New York. Sierra's programs have helped thousands of women and young girls suffering from addictions,

depression, body image and trauma to awaken a new consciousness and reclaim their self-worth, health and happiness.

This will be a workshop of both research presentation and experiential involvement.

Please come prepared for a short workout appropriate for all levels of fitness.

**Saturday, October 15, 2011**

**3:00pm-4:30pm**

Location

**Unity Woods Yoga Center**

**Bethesda, MD**

Description of Event:

Presenter: **John Schumacher**, Founder and Director of Unity Woods Yoga Center

Topic: **The Therapeutic Value of Alignment in Yoga Postures**

Alignment, a key element in the practice of Iyengar Yoga, deals with the positioning of the body in yoga postures so that we not only avoid injury in the poses, but so that we also experience the maximum benefit in terms of mobility and stability. Alignment, however, is much more than that. How we integrate our body, breath, mind, and spirit; how these aspects of our being align with one another; and how this sort of practice affects our interaction with the world around us is at the heart of what alignment -and yoga therapy - is really about.

In the class you will explore, through the practice of yoga asanas (postures), how these different elements of alignment come into play and how, by observing them with subtle attention, we can change the way we move in our bodies, our lives, and in our world.

Preparations: Come prepared to do yoga poses, which will be of a very basic yet effective nature. Clothes that allow you to move freely and that don't obscure alignment are important.

An empty stomach will allow you to have a much more pleasant and significant experience.

Yoga props, including mats, will be provided, but you are encouraged to bring your own mat if you wish.

**Saturday, October 15, 2011**

**5:15pm-6:45pm**

Location

**National Integrated Health Associates**

**Washington, DC**

Description of Event:

Presenter: **Charles Gant, PhD**, Cofounder of National Integrated Health Associates

Topic: **The Neurophysiology of Spirituality, Mindfulness and Healing: Know How Your Brain Works, and Discover Your Life's Higher Purpose**

What is the brain? How does the brain work? Why does the brain malfunction? How do we fix our brain? Why do we medicate our brain? What is our brain's ultimate purpose? Answers to these questions were sought by Dr. Paul MacLean, who coined the terms "limbic system" and the triune brain which consists of 3 brains working together: 1) The oldest, reptilian cortex, housing over 2 dozen, survival, behavioral compulsions. 2) The paleomammalian brain added emotionality, playfulness and care of offspring. 3) The newest neomammalian brain confers intellect.

Dr. MacLean took us to the threshold of a fourth brain (Quadrune Brain), the frontal lobes derived from the newest part of the paleomammalian brain, the thalamocingulate region, which permits higher mammals to express playfulness, tenderness and carressiveness. Recent advances in brain neuroimaging suggests that this fourth brain, the frontal lobes, also confers mindfulness, a separate faculty of consciousness which inhibits potentially stressful, self-survival mechanisms of the older 3 brain regions (intellect, emotionality and behavior), and which is responsible for the experiences of compassion, empathy and connecting to something greater than oneself, one's higher purpose.

Amassed evidence suggests that discovery of one's higher purpose, the full expression of mind, body and spirit, must entail frontal lobe activation, and in this discussion we will review research supportive of the quadrune brain hypothesis. The importance of neurotransmitter precursors and mindfulness-based psychotherapies which enhances frontal lobe expression will be addressed. A case presentation will be used to demonstrate the practical use of neuropsychological testing, functional medicine diagnostic testing and predictive genomics to ensure optimal brain performance.

Endemic, heavy-metal-induced, methylation and glutathione defects as well as other neuro-toxicities (plastics, petrochemicals, solvents, insecticides, chlorine/fluorine etc.) may be the preeminent issue in the cause of all mental disorders and most medical disorders, by preventing frontal lobe, mindfulness-enhanced, regulation of the sympathetic dys-autonomia (stress response).

**Sunday, October 16, 2011**  
**12:15pm-2:30pm**

Location  
**The Mindfulness Center**  
**Bethesda, MD**

Description of Event  
12:15pm-1:15pm Presenter: **Linda Lazarus**, Principal of the Center to Advance Human Potential, LLC  
Topic: **Biofield Balancing Workshop**  
Biofield Balancing (which includes the practice of Bioenergy, Qigong, Therapeutic Touch,

Healing Touch and Reiki) is designed to promote and maintain the balance of vital energy fields in the the body. The science and practice of moving the subtle energies of the body are as ancient as recorded history. Many cultures have developed this practice, which is known as Qigong in China, Reiki in Japan, and Biofield Balancing in the U.S.. Biofield Balancing has been used successfully to accelerate healing, alleviate physical symptoms, reduce pain, decrease stress and anxiety, induce relaxation and provide a sense of peace. Participants in the Biofield Balancing Workshop will use meditation and other traditional yoga and qigong techniques to become aware of the energy of the body and the chakras. Participants will then learn how to feel and move energy as well as self-healing and balancing techniques. Finally, Ms. Lazarus will work with each participant individually to promote and maintain the balance of vital energy fields in the body.

**All Mind-Body Week events are free to the public. Please register in advance to reserve your space. We look forward to seeing you there!**