



Peaceful Mind Peaceful Life

Workshop 2011/12

The Journey Inward

Tuesday, November 1, 9:30 am – 2:30 pm
Mizner Park Cultural Arts Center, 201 Plaza Real,
2nd Floor, Boca Raton, \$25 (lunch included)

Saturday, November 5, 9:30 am – 2:30 pm
Senate Chambers, Student Union, FAU Boca Raton,
\$25 (lunch included)

Schedule

- 9:30 – 10:30 am **“The Journey Inward” discussion**
with Barb Schmidt and Adriana Faraldo
- 10:30 – 11 am **Yin Yoga Discussion** with
Leslie Glickman
- 11 – 11:15 am Break
- 11:15 am – 12:30 pm **Yin Yoga Practice**
- 12:30– 1:30 pm Lunch
- 1:30 – 2:30 pm **Wrap up, Q&A**

Kicking off our new season of workshops and events, **Peaceful Mind Peaceful Life founder Barb Schmidt** has invited **yoga master Leslie Glickman** to share her wisdom and Yin Yoga practice in this exciting one-day program. Yin Yoga aligns with the Daily Spiritual Practices taught through Peaceful Mind Peaceful Life by helping people achieve personal transformation and inner unity.

Beginning with a discussion by **Barb Schmidt and Adriana Faraldo** on the use of a mantra or Sacred Friend, “The Journey Inward” will include a lecture by Leslie, followed by a Yin Yoga practice that will offer an opportunity to experience a unique type of yoga that is long, slow, quiet and profound. Yin poses are done while sitting on the floor or sitting in a chair with slow movements, breathing techniques, intention setting and use of a mantra. This approach to yoga connects the mind, body and spirit.

Leslie has been teaching yoga for more than 16 years and believes it is an education of the self. She is the founder and director of Yoga Journey, which is dedicated to sharing the gift of yoga through classes, worldwide retreats, workshops and Teacher Trainings. Her approach to yoga teaches you to take your experience off the mat and into your daily life. Please wear comfortable clothes (shorts or pants) that allow for easy moving and stretching, and bring a yoga mat and towel.

Workshop Information

All workshops will be facilitated by Barbara Schmidt and Adriana Faraldo. They will be held in the **Senate Chambers in the Student Union** on the Boca Raton campus except where noted. Coffee and beverages are served. Please bring a light sweater and a writing utensil. Parking available in Lot 16 or 17. **Registration required (non-refundable) and seating is limited.** To register, call **561-297-2337**, or visit: www.fauf.org/peaceful



Register here!

Peaceful Mind Peaceful Life is a new non-profit organization launched by founder Barbara Schmidt with Adriana Faraldo and Mary Cormier to continue teaching, inspiring and empowering people to access inner peace, strength and unity of the mind body and heart through the use of Daily Spiritual Practices. With over 25 years of experience of teaching and practicing meditation and as the leaders of our Peaceful Mind Peaceful World workshops for the past six years, we congratulate them on this new venture and welcome them back as presenters of our 2011/2012 workshop and lecture series.



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