

Donna Belk

Workshops & Classes

Donna is available to travel to other cities to offer workshops and yoga classes or retreats on these and other topics. All workshops are customized to meet the participant's needs. Page 6 includes pricing and additional details.

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RESTORATIVE FLOW CLASS

Restorative Flow Yoga is a luxurious practice that encourages students to slow down and offers a deep nourishing experience which activates the body's natural healing abilities. The class is a gentle flow as one relaxing posture flows seamlessly into the next.

Who are the students for this style of yoga?

- those who want to deeply relax
- elders, seniors
- those with illnesses such as fibromyalgia, chronic fatigue syndrome, arthritis
- those dealing with the effects of stress
- those with limited range of motion
- those wanting a contemplative practice



Class Formats

There are five different formats in which

Restorative Flow can be taught. Usually each class is taught in a 1.5 hour format. However, it can be shortened, or two classes combined if that works more conveniently for scheduling.

Restorative Flow I – standing postures and floor postures

Chair Yoga Class – a modification of Restorative Flow I class, all poses are done in a chair

Restorative Flow II – floor postures only (seated, all fours, supine, side-lying, prone)

Restorative Flow III – floor postures with Yoga Nidra guided visualization

Restorative Flow Teacher Training –12-hour training which certifies yoga teachers to teach Restorative Flow yoga

QIGONG

Qigong, often called Chinese Yoga, is a very nurturing, gentle and healing form of movement. This form of qigong is called “soft” or internal qigong as opposed to “hard” qigong which is more like martial arts.

A Qigong class combines

- (1) easy, gentle movements for the body,
- (2) visualization and imagery for the mind,
- (3) meditation or quiet time for the spirit, and
- (4) breathing practices for the body-mind-spirit connection.



Class can be done standing or seated, or a combination of both.

In class, we focus on noticing the subtle body or energies and developing our understanding and experience of them. We also exercise our imaginations which stimulates intuition, unlocking your highest potential, and activating your natural capacity for self-healing.

Who are the students for this movement practice?

- those who want to deeply relax
- elders, seniors
- those with illnesses such as fibromyalgia, chronic fatigue syndrome, arthritis
- those dealing with the effects of stress
- those with limited range of motion
- those wanting a contemplative practice
- those wanting to explore subtle energy practices

Class Format

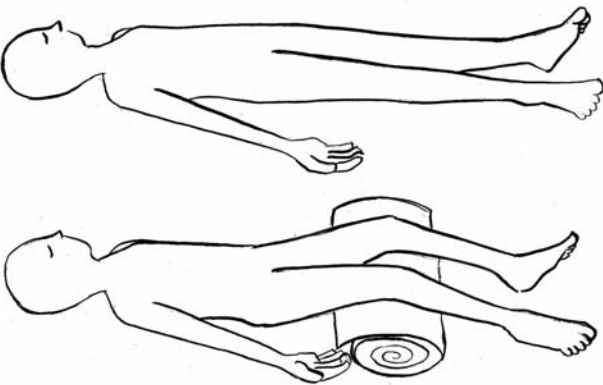
This class can be taught in a 1.5 to 4 hour format. Since it requires no work on the floor it is especially suited for those uncomfortable on the floor.

SAVASANA: The Art of Dying, from a Yogic Perspective

Savasana is a yogic pose intended for extraordinary relaxation. It involves a position of lying down on the back, and requires mindful focus of the body, breath and mind. Both rejuvenating and rewarding, *savasana* is one of the most valued and powerful asanas of the yoga system.

That said, however, *savasana* serves a greater and more profound purpose than mere relaxation. Known as the *shavam*, or corpse pose, *Savasana* grants us the opportunity to explore non-attachment.

The philosophy of yoga teaches that all “things”, including our physical forms, are not the true essence of our being. According to *Bhagavad Gita*, we are not the form we animate, but the very force of animation itself. This means that our true nature is deathless, eternal, and



transcends the physical. Hindu wisdom tells us that if we attach ourselves to that which is only temporary (our physical body), we invite suffering.

When we know that who we are is much more than our physical body, we alleviate fear and anxiety associated with death. We feel more peaceful, and are more comfortable around those who are dying. More importantly, this increased self-awareness helps us to remain detached and calm amidst the chaos of our daily lives. We become buoyed with

wisdom and joy, knowing that when our bodily processes cease, the road to our eternal life opens up before us.

In this workshop, we will

- review the *Yoga Sutras*, *Bhagavad Gita*, and the *Katha Upanishad*
- learn about the five elements or *koshas* and how they dissolve as we detach from our physical body
- explore modifications of *savasana*, finding the most comfortable position possible, and
- enjoy a guided relaxation and visualization about releasing attachment to our bodies.

The class concludes with time for personal reflection and discussion among the group.

Class Format

This class can be taught in a 1.5 to 4 hour format.

Other class options

These topics can be offered as 1 to 3 hour workshops:

- **Relaxation and Guided Visualization**

Guided imagery is a powerful mind-body technique that everyone can do. Approximately 80% of all illness is caused or worsened by stress. This is why guided imagery and meditation are so effective in relieving physical, mental and emotional disorders. It is capable of stimulating your intuition, unlocking your highest potential, and activating your natural capacity for self-healing. This work includes

- Green Mist healing relaxation
- The Treasure is You

- **History of Yoga**

A presentation on how yoga was brought to the United States, and how it's taught traditionally and how it has been westernized. We will also discuss the different styles of yoga, and finding a style that is right for you.

- **Meditation Sampler**

Explore meditation techniques to find the method that is best suited for you. We will explore mantra, devotional, walking meditations and others.

Sample Weekend Schedule

Restorative Flow Yoga

- 7-9 pm Friday = Restorative Flow II class
- 9:30-12:30 Saturday = Restorative Flow I class and detailed discussion and showing alternatives and embellishments of the postures previously done
- 2-5 pm Saturday = more embellishments and details about the postures, plus time spent perfecting savasana and lengthy Green Mist relaxation (this is approximately 15-minutes of Restorative Flow poses plus guided visualization)
- 9:30-12:30 Sunday = Restorative Flow III class, with discussion and Question & Answers

Workshop Mix

- 7-9 pm Friday = Restorative Flow III
- 9:30-12:30 Saturday = Qigong
- 2-5 pm Saturday = Savasana
- 9:30-12:30 Sunday = Restorative Flow I

Cost and Profits

Usually 7 people in each workshop segment will cover expenses. I like to keep the costs affordable for people so I usually charge attendees \$15 per hour, about the cost of attending a regular yoga class. For example, if a student attends a workshop from 9:30-12:30 that is 3 hours so the cost is \$45. This is flexible depending on the market rate for classes. Using the figures above, an entire weekend would cost a student \$165 (11 hours of classes @ \$15/hour).

The person who helps organize my workshops attends at no charge. And a normal profit split is 65% for me as presenter and 35% for the organizer.

I will provide flyers for you to distribute to your students to help advertise the event.