

Mindful Yoga

at El Camino Hospital, with Keith Urban
of Stanford University and Foothill College

Discover a More Peaceful Mind and Body

This eight-week mindfulness-based Yoga program is designed for bringing compassionate awareness to the body. Poses are taught in a very gentle manner with everyone moving comfortably at their own pace, and with a focus of mindfulness, paying close attention to what one is feeling physically and emotionally. Unique aspects of this program are group discussion, and exploring how poses are integrated with conscious awareness.

Increasing Flexibility, Relaxation, and Joy

Instructor Keith Urban began his study of Yoga and mindfulness practices with Swami Satchidananda over 30 years ago. More recently, he studied with Jon Kabat-Zinn and Bob Stahl to teach Mindfulness-Based Stress Reduction. Keith is also a celebrated modern dancer, choreographer and teacher. Since moving from New York to the Bay area in 2000, he has been teaching Yoga and dance at Stanford University, Foothill College, and the Osher Lifelong Learning Institute.

No previous experience necessary

Eight Tuesdays, Oct 16 – Dec 11, 2007 (No class Nov 20)

Time: 7:00 - 9:00 PM Cost: \$200

Registration: (650) 940-7000 x8745

More information: info@urbanchi.com, 1-888-633-8480

What to Bring: Please bring a mat or blanket, and a strap or belt

CEU's:

RN, LVN, CNA; 16 CEU hours avail. Board of Registered Nursing Provider #CEP532.

MFCC and LCSW; 16 CEU hours available, Provider #PCE930

at El Camino Hospital

Park Pavillion, 2nd Floor, Physical Medicine
2500 Grant Rd. Mountain View, CA 94040