Common Ground Mission Statement:
The mission of Common Ground is to improve wellness throughout our community by expanding opportunities for affordable and accessible complementary health practices at community-based locations. Our focus is on evidence-based practices such as yoga, meditation, acupuncture, and massage. A portion of every dollar generated from paid programming supports our extensive outreach services in the community.

Common Ground's second annual donation-based Spring Wellness Festival is an inspiring three day event of classes and lectures by area experts in holistic health. All donations go directly to benefit equal access to the healing arts through Common Ground. This is your chance to make an impact in the health of your community while also taking care of yourself!

From yoga to parenting to herbal medicine, Common Ground's Spring Wellness Festival has something to support your wellbeing. All sessions will take place at Common Ground's anchor location in the Jefferson School City Center. All sessions are offered to the public on a donation basis. Advance registration is encouraged. Go to [www.eventbrite.com](http://www.eventbrite.com) and enter “common ground”. Onsite parking is available.

For more information about Common Ground and the services we offer, please see our website: [www.commongroundcville.org](http://www.commongroundcville.org)

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**Spring Wellness Festival**
March 28-30, 2014

The change of seasons is a perfect time to take charge of your health and well being, and Common Ground Healing Arts is excited to support you!

*All sessions are offered on a donation basis*

**Friday, March 28**
9:00am-10:15am – **Spring Qi Gong** w/ Jay DeMaio
10:30am-11:45am — **Restorative Yoga** w/ Sue Bovenizer
12:00pm-1:00pm — **Natural Remedies for Spring Allergies** w/ Susan Dunlap
1:30pm-2:30pm – **Ecological Gardening Practices** w/Terry Lilley
4:00pm-5:15pm – **Contemplative Practice & Stress Resiliency** w/Susan Bauer Wu
5:45pm-7:00pm — **Yoga: Open Your Hips for Springtime** w/ Kate Zuckerman

**Saturday, March 29**
9:00am–10:15am – **Silent Meditation** w/ Asha Greer
10:30am-11:45am – **Kripalu Yoga for Every Body** w/ Caitlin Clarke
12:00pm-1:00pm – **Wildcrafting** w/ Rain
1:30-2:30pm – **Complementary Medicine** w/ Dr .Greg Gelburd
3:00pm-4:30pm – **Yin Yoga** w/ Jen Fleisher

**Sunday, March 30**
9:00am-10:15am – **Intro to Meditation** w/ David Silver
10:30am-11:45am – **Alexander Technique Applied to Yoga** w/Lydia VonBriessen
12:00pm-1:00pm – **Spring Into Parenthood** w/Month10 Doulas
1:30pm-3:00pm – **Birth & The Primal Brain** w/ Sarita Bennett
3:30pm-4:30pm – **Springtime Activities for Kids** w/ Cynthia Jordan Fisher
Alexander Technique Applied to Yoga - Lydia von Briesen. This class applies the principles of the Alexander Technique to a basic yoga class. By providing you with a clear context for looking at your yoga practice and your daily activities, you will discover what possibilities lie beyond your habits. Please wear comfortable clothes for movement.

Birth and the Primal Brain: Survival of the Species in a Modern World - Sarita Bennett, CPM, DO - We explore the hormonal physiology of birth, the hard wiring of the female brain and the importance of understanding its implications for the future of the human species, specifically in the modern world. Sit back and enjoy this spirited explanation of how our mommmy brain works.

Complimentary Medicine: Insights and Benefits – Dr. Gregory Gelburd, MD, Downtown Family Health Care – This session will be a conversation about the breadth of complementary medicine, a brief survey of several available in this area (like yoga and acupuncture) and discussion as to the benefits of some of these in providing balance and health in our lives.

Contemplative Practice and Stress Resiliency – Susan Bauer-Wu, Professor, University of Virginia School of Nursing, Author of Leaves Falling Gently. How can you find calm, clarity, and compassion in the storm of life’s challenges? Through guided practices, discussion, poetry, and story, we will explore tuning in, looking out, letting go, and opening your heart so you can be buoyant and live with joy and ease during times of change, loss, and everyday worries.

Ecological Gardening Practices – Terry Lilley, Owner of Heart Root Herbs, Teacher at Blue Ridge Permaculture Institute. This session will explore ways to mimic nature in the garden to minimize input and maximize diversity.

Introduction to Mindfulness Meditation – David Silver, Mindfulness & Meditation Teacher, Insight Meditation Community of Charlottesville and Common Ground Healing Arts – This presentation will be suitable for both beginners and those with established meditation practices, and will include brief introductory material followed by guided Mindfulness and Loving-Kindness meditations, and time for Q & A.

Kripalu Yoga for Every Body – Caitlin Clarke – Kripalu yoga is designed to adapt to all body types, ages, fitness levels, and interests. Caitlin’s approach to teaching takes into account people’s individuality and personal expression as she guides students through classic yoga postures.

Natural Remedies for Spring Allergies – Susan Dunlap, CHC, Certified Health Counselor from Rebecca’s Natural Food - Are you ready for the spring allergy season? Susan will be speaking about the use of natural remedies to prevent and ease allergy symptoms. Learn which herbs and supplements can keep you breathing – not sneezing.

Open Your Hips for the Spring Time – Kate Zuckerman, Founder, Common Ground – This yoga workshop will feature an intelligent sequence designed to open your hips and get you moving in time for spring. All levels welcome.

Restorative Yoga – Sue Bovenizer, RYT - This is a class intended for relaxation, renewal, and stress reduction. Benefits of a restorative practice can include lowered heart rate, lowered blood pressure, and healthy stimulation of the your immune and endocrine systems. This class is appropriate for any student who would like to learn tools to support a balanced system and relax deeply.

Silent Meditation – Asha Greer - Learn to sit still and enjoy it. If you already do, come along with us to enjoy it. If you do not, come to drop into a space that asks nothing but the wish to be as fully alive as consciousness/awareness will allow. Turn on your body, your feelings and your mind by simply breathing. Do nothing and find freedom. Explore yourself, or go beyond it to dive into the mysterious nature of Being.

Spring Into Parenthood – Month 10 Doulas - Come join a discussion with experienced Month 10 doulas. Learn tools and tips to use when leaping into the most honorable yet sometimes daunting role of parent to a newborn. Take home simple self care ideas, practical advise such as calming and soothing your newborn, sibling support, sleep and feeding tips and more.

Spring Qigong – Jay DeMaio, LMT – This session of Qigong is a combination of slow movement, breath, and self-acupressure massage for Spring allergy relief, daily stress management, and overall wellness maintenance. Participants will walk away with simple self care tools to improve health and wellness. Please wear comfortable clothes to move in.

Springtime Activities for Kids – Cynthia Jordan Fisher - Come and explore very simple and inexpensive ways to celebrate spring and summer outdoors with your children between ages 9 months to 6 years. Find small ways to include them in your outside activities/jobs as well. Plenty of little people activities will be on hand to try yourself!

Wildcrafting! – Rain - Gathering food from the wild is a fulfilling way to nourish body, mind and spirit. During this session we will talk about wild nature’s springtime edibles, and discuss tangible ways of bringing them into your life.

Yin Yoga – Jen Fleisher, RYT – This is a slowly paced class where postures are supported by props and held for 5 minutes or longer. Yin poses are done with passive effort (ie: no muscular strength) and work the connective tissue with the aim of increasing circulation to the joints and improving flexibility. The intention of this work is to move qi (energy) through the meridians to influence organ health, immunity and emotional well-being.