

# Julie Francis

## Powerful Presence - Move Into Your Power A Workshop for Women

**Saturday, September 16, 2017**

**9:00 am - 3:00 pm**

(with 1/2 hour lunch)

**\$100 by Friday, September 8, 2017;**

\$115 thereafter

\*4.5% fee added for credit card payments.

**EVERY EMOTIONAL STATE CORRESPONDS TO A PATTERN OF MUSCULAR CONTRACTION.** Without your body, without muscular contraction, you would have no sense of emotion. Repetitive patterns of self-use in response to real and perceived threats are experienced as chronic fear and anxiety. Disruptions in the breath accompanied by excessive contraction of the flexors translates to a sense of powerlessness. This can be witnessed in postural and movement habits, among them rounded shoulders, stiff back, clenched pelvic floor and a forward thrust of the head.



In this workshop, you will use awareness and movement to experience the possibility of shifting your patterns of muscular contraction to attain a more neutral stance and emotional state. This sense of neutrality in carriage and emotion is felt and observed as having a powerful presence. From this place of neutrality, you unburden yourself from unnecessary muscular effort and emotional constraint, and free yourself to respond appropriately to life.

In order to create a safe environment in which to explore the release of chronic contraction, particularly in the pelvic region, this workshop is being offered for women only. It offers an introduction to the possibility of a new and more powerful way of being present in the world.

*Open to all levels.*



**JULIE FRANCIS** has been teaching Awareness Through Movement® for more than 20 years. She is an Assistant Trainer of the Method and often mentors new graduates and students in the gentle art of enhancing awareness. Julie is known for her clarity, compassion and humor. She maintains a private practice in Glen Ellyn.

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### STUDENT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$100 by Friday, September 8, 2017;** \_\_\_\_\_ \$115 thereafter

*If paying by credit card (4.5% transaction fee will be added):*

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



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