

Amy Sander Montanez,

D.Min, LPC, LMFT



I took my first yoga class on my 40th birthday. Fourteen years later, I am still astonished at how yoga continues to open me to new and exciting possibilities. Yoga has expanded a belief I have had for many years: the body doesn't lie. Stored within

our cells are emotions and memories that are either helping or hindering our journey to the fullest expression of who we are. I love my work as a psychotherapist, spiritual director, and retreat leader, and when I can combine it with yoga, it brings me much joy!

To contact: 803/254-5650, AmySanderMontanez.com

Maxine Deutschendorf,

200-hour RYT, IAYT, IYTA

I love that yoga invites us to celebrate and embrace ourselves just as we are, and then to take the next step on our journey. Now in my tenth year of practice and sixth year of teaching, I believe more than ever that good health is



achieved by focusing on the whole person. Whether it is a class, private session, or workshop, it brings me great delight to share with others the healing aspects of yoga that I have experienced myself.

To contact: 803/960-5371, InfiniteYogaSC.com

Maxine Deutschendorf
Amy Sander Montanez
1703 Richland Street
Columbia, SC 29201

PLACE
APPROPRIATE
POSTAGE

Personal and Family Growth Associates

and Infinite Yoga Present

Accessing Wisdom:

The Guardian of our Choices

*A Day of Reflection, Yoga
and
Healing Insight*

*With
Maxine Deutschendorf
and
Amy Sander Montanez*

Saturday, January 28, 2012

Lutheran Theological Southern Seminary

Important Information

Date Saturday, January 28, 2012

Time: 9:30am – 4:30pm

Lutheran Theological Southern
Seminary: Reinartz Hall

Location 4201 N. Main Street
Columbia, SC 29203

Map available upon registration

Schedule:

9:30am - 10:00am	Registration, Breakfast snack available.
10:00am - 11:00am	Obstacles to Wisdom
11:00am - 12:30pm	Out of the Shadows: Opening to Wisdom
12:30pm - 1:30pm	Lunch Provided
1:30pm - 2:30pm	Going Deeper: Paths to Wisdom
2:30pm - 4:00pm	Grounding in Wisdom
4:00pm - 4:30pm	Closing

Cost:

\$130 per person by January 5, 2012

\$140 per person after January 5, 2012

\$120 per person if two people register together by January 5, 2012

\$75 for all students and seminary faculty

Limit: This workshop will be limited to the first 40 people who register

Wisdom is described as the “guardian of our choices” by Linda Papov, creator of the Virtue’s Project. Wisdom helps us consider our life’s path and fosters clarity, sound judgment, and perseverance.

We invite you to spend a day exploring wisdom from two perspectives: obstacles to your wisest self and paths to your wisest self. With kindness and compassion toward self, we will engage in experiential therapeutic exercises, yoga asana and breath work as we seek to embrace our wisest self.

No yoga or therapy experience is needed. We will have mats and props available if you prefer to use ours. If you have your own that would be wonderful.

Please bring a journal and a pen. Also, bring or wear several layers of clothing so you will be comfortable when we practice yoga asana and when we are seated meditating and writing.

Registration Form

Please detach this form, fill it out and mail it with your check made payable to PFGA, Inc. You may also pay with a Visa or MasterCard at the office of Amy Montanez. **Send to:**

Amy Montanez
1703 Richland Street
Columbia, SC 29201

Please register by January 14, 2012

Name: _____

Email Address: _____

Address: _____

Phone Number: _____

Any Dietary Restrictions:

Vegetarian? _____

Gluten Free? _____

Dairy Free? _____

Other? _____

_____ \$130 included

_____ \$140 included

_____ \$120 included with the registration of a friend. Include name of friend.

_____ \$75 included

_____ I am seminary staff.

_____ I am a student at _____

Although no experience is necessary, we’d like to know if you have any:

Yoga experience?: Yes ___ No ___

Years Practicing _____

Any therapy experience? Yes ___ No ___

Need a Yoga mat? Yes ___ No ___