

Day of Healing for Japan and Earth--- Yoga, Meditation and Healing with Live Music

Sunday, June 12, 2011 12:30 - 5:00 pm

Wantagh Memorial Congregational Church/Pixie Pre-school

1845 Wantagh Avenue, Wantagh, NY 11793

Hall is located in Pixie School building. Parking is available in municipal lot behind the building.

Schedule:

12:30-1:30pm ---Family Yoga and Origami Art (Families, Children & Pre-teens)

2:00-5:00pm --- Yoga, Energy Dance, Meditation and Healing Sessions, and more (Adults)

Yoga, meditation, and energy movement will be done to live music. All levels are welcome. Chair yoga is available as an alternative for those who cannot kneel or have physical limitations.

Those who are not interested in yoga can enjoy the healing sessions, such as chair massage, Reiki, therapeutic touch healing, energy work, etc. to relax. After the yoga sessions we have guest musicians who will perform a mini concert, Haiku and Origami time, and raffle prizes. Light refreshments will be served.



"Ra, Ma, Da, Sa" is the healing Mantra which represents the earth and universe of healing within us. It said that as you send love and healing to the earth, universe, and people who have suffered, ultimately you also are healed. We will share this philosophy of yoga together on the day. We will do yoga, energy movement, and meditation with live music (Japanese Bamboo flute and flute).



Musicians: Shakuhachi Bamboo Flute - Kenji Kawaguchi

Flute - Nadine Scherman

Cello - Aya Terki and friends

The owner of Harmony Yoga & Dance, Mariko Fusillo who has been teaching for 30 years, is offering this event to support her home country. All profits will go to the Japanese American Association of NY, which will send it directly to Japan, 's Miyagi prefecture, where the earthquake and Tsunami disasters have hit hardest.

Donation:

Family Yoga (12:30-1:30): \$20 for one adult and one child, each additional child \$5

Adult Program (2:00-5:00): \$ 25 in advance, \$30 at the door

Raffle tickets can be purchased for \$3.00 each or 6/\$15.00

Additional donations can be made payable directly to "Japanese American Association of NY."

*Please contact Mariko Fusillo for additional information at 516-330-8998 or
HarmonyYoga@optonline.net.*

*Harmony Yoga & Dance, Healing Arts Center, 3050 Merrick Road, Wantagh, NY 11793
www.HarmonyYogaandDance.org*