

Woman2Woman 2009: Workshop Schedule

Vinyasa Yoga

Monica Kirchner

This workshop will introduce you to style of yoga known as Vinyasa. We will learn some basic yoga poses (asanas) and how we can link them together with our breath. No experience is necessary. We will provide props and mats. Bring water and wear comfortable clothes.

Monica is a certified yoga instructor and has been teaching yoga for many years. She has worked at the YMCA, Universal Athletic Club as well as the Lampeter Strasburg Rec commission. She recently opened Bridge Yoga Studio in Bridgeport. In addition to teaching yoga she is a proud mother of three wonderful daughters.

Bridge Yoga Studio: (717) 330-1304 • kirchner.monica@gmail.com

Green Rose Hula

Mika Cox McDougall

This is a true Hawaiian hula classic. "Green Rose Hula" was written in the Hawaiian language and praises the highly esteemed green rose of Hawaii. This lively Waikiki number is suitable for any level of dancer, from beginners through advanced. It will be performed in the modern style of hula, which is characterized by very fluid, graceful motions. Emphasis will be on how to use your eyes and hands to convey the emotions of the hula – how to connect with your audience and touch their hearts – and how to dance with grace and confidence.

Mika Cox McDougall grew up in Hawaii, studying the traditions of Hawaiian dance, West African dance, ballet and modern. She now lives in Lancaster County, performing and teaching Hawaiian hula at events throughout the year on the East and West Coasts. She is also a member of Lancaster's West African dance company N'Bonye Dance & Drum Ensemble, and a former member of the Philadelphia Dance Company "Philadanco" training company.

(717) 548-1344 • cell (717) 305-0805 • mikcox100@gmail.com

Hooping 101

Missy Shatto aka Calamity Jane

So, you've never hula hooped or maybe you haven't since you were a child? Wonder if you still got it? Or ever had it? Come join the fun and find out for yourself the wonderful benefits of hooping.

Calamity Jane was set ablaze four years ago and since has shared a love of fire wherever she goes. She specializes in fire performances namely: fire hoop, poi, fire fans, and fire cane. CJ is also able to perform with staff and rope dart. She recently learned how to eat and breathe fire. She has been a

part of a local firespinning troupe known as the Flame Tamers for over a year. The Flame Tamers have a number of performances to their credit including: Mardi Gras in Harrisburg, the Lollipop Drop in Hummelstown, and First Fridays in Lancaster. Calamity Jane has been successful in teaching countless people the art of fire.

(717) 503-8197 • www.myspace.com/chasingmoon • mshatto@hotmail.com • www.facebook.com/thecalamityjane

Latin Zumba

Maureen Dressman

Zumba is a combination of Latin and International dance moves that are easy to follow and fun. The routine will be a combination of fast and slow rhythms providing a fun interval training session for all levels of fitness.

Maureen Dressman is a certified Pilates instructor and sole proprietor of an exercise business called Pilates in Motion located at the New Movement Center in Lancaster city. She also instructs ZUMBA Latin dance classes. Maureen has a B.S in Physical Education and Sport from Indiana University of PA. As former Health and Fitness Director of the Lancaster YWCA and Physical Director of the York YMCA, she has over 20 years of exercise teaching experience. In 1993, Maureen received the Outstanding Young Fitness Leader Award from the Lancaster Jaycees. Maureen Dressman is the 2009-2010 President of the Penn Square American Business Women's Association (ABWA) Penn Square Chapter. She is a member of St. John Neumann Church, the Lancaster USA Ballroom Dance Association, and past member of the Grant Street Dance Company, an intergenerational dance company that performs at local venues in the Lancaster Community. Her mission is to provide each person quality Pilates instruction for improving their individual strength, muscle tone and flexibility while reducing their body pain resulting from poor posture.

Pilates In Motion: (717) 314-1597 • Maureen@pilatesmotion.com

Bellydance Basics

Jody Killian, Bellydance by Tahjia

Belly dance is a carefree, innovative, empowering art form that awakens a woman's creative expression. As we learn to belly dance, we learn a lot about ourselves. Through belly dance we learn to move through life with grace and spirit and triumph over the self-consciousness that places us on the sidelines. Be prepared to have fun and release your spirit while learning an ancient dance form.

Jody has been bellydancing for ten years and teaching for almost five years. She has studied under some of the "greats" from Egypt, Greece, Turkey and America. Jody has taught bellydance workshops in the past W2W events.

She believes that EVERY woman is a dancer and loves the idea that bellydance can apply to every body shape, and age.

(717) 872-2484 • kbellydancer99@aol.com

African Dance

Janet Peck

Let your heart come out and play! This workshop invites you to follow your heart, not your feet! Have fun learning African dances, understanding Africa's cultural heritage and appreciating the enthusiasm, spirit and our essential humanity that African dance embodies and celebrates. Come prepared to dance and to enjoy your heart's playfulness, wisdom and beauty!

I am Janet Peck: West African dancer, teacher and choreographer. My seeds of dance first sprouted in the early 70's during "Polynesian Potpourri", the Hatboro YMCA's first annual water show. A few years, two college degrees, 9 forays to Guinea, West Africa and one early retirement later, I became clear on what I wanted to be when I grew up! Now, in my eighth season as the artistic director of the N'Bönyé Dance and Drum Ensemble, I am dedicated to my mission: to help students and audiences understand Africa's cultural heritage and truly appreciate the enthusiasm, spirit and our essential humanity that African dance embodies and celebrates!

(717) 872-9073 • janetdance@aol.com • www.nbonye.com

Moving Toward Freedom: From Seed to Harvest

Schirlyn Kamara

This workshop is the sharing of an intimate journey of loss and renewal, of love and grief, of focus and confusion, but most of all it is a story of growth and creative personal transformation. It will take participants through 40 years in Schirlyn's life – including the years of rebirth following the end of 15 years of abuse – into those private moments of anguish and reflection where we discover that we have the strength, wisdom and power to grow from life's most challenging experiences. Schirlyn Kamara's journey toward an authentic life and a stronger sense of herself is both heartbreaking and exhilarating. Throughout the workshop, her honesty reaches out invitingly, encouraging all women to turn their attention inward and listen to the beatings of their own hearts. Those attending this workshop will be encouraged to see and bring forth the beauty and strength within themselves, will be inspired to be the best they can be, and to let their spirit shine through.

Schirlyn Kamara's mission is to empower people so that they may re-create themselves as individuals who are free to experience the life they deserve. Schirlyn is also founder of the Threshold Foundation, a non-profit community service organization that has been helping youth and residents of Lancaster

City improve their skills, and neighborhoods through hardening, healthy food access programs for more than 5 years. Schirlyn has dedicated her life with aims to inspire all of those, especially women, she has come in contact with through workshops on active listening, for volunteers and staff of the Lancaster County Abuse Shelter, lectures in churches and the Lancaster County Prison where she has left many with the courage to break free from the chains of limiting belief patterns that have kept them suppressed and unable to see their power.

(717) 481-8734 • thresfund@aol.com

One Minute Muse Painting Techniques

Donna Smith

One Minute Self Portraits is the perfect introduction to get that hand of yours drawing in a no stress, positive, encouraging atmosphere. Learn and practice a technique to draw portraits in minutes! Each artist will create a contour self portrait on bold watercolor and ink backgrounds. Artists will leave with a finished 8x10 painted self portrait - maybe even two for the extra ambitious! Feel free to bring your own supplies/art journal but all basic materials will be provided for you. Don't feel like making a self portrait? No problem! Freestyle painting and art journaling is available during this workshop as well :)

Often referred to as The One Minute Muse, Donna takes great pride in creating art and teaching others how to express their own creativity. She is passionate about discovering what makes people joyful and is an advocate for creative growth. She designs various graphic projects, keeps a bursting art journal and creates her own art work in mixed-media. Her online video training library at www.theoneminutemuse.com is very popular, housing an ever evolving 30+ video techniques and over 100 members. Donna graduated from York College of Pennsylvania with two degrees a Bachelor's of Fine Art in photography/art history and Bachelors of Art in Graphic Design. She has been designing for various companies since 2003 and currently lives in Baltimore, MD with her boyfriend, two cats and bountiful container garden. When she's not designing or painting, she spends much of her time on the yoga mat or belly dancing.

(302) 584-3330 • muse@theoneminutemuse.com

The Poetry of Preservation

Barbara Buckman Strasko

The workshop will focus on using poetry as preservation. Poems read and written can help us to preserve what's valuable within ourselves, our community and our earth. Participants will study poems, have discussion and write their own poems.

Barbara is the first Poet Laureate of Lancaster County. She is the 2009 Teacher of the Year awarded by River of Words, an environmental art and

poetry program for children. Her poems have appeared in The Best Poets of 2006, Rhino, Spoon River Poetry Review, Tar River Review, Brilliant corners and Ninth Letter. Her chap book On the Edge of a Delicate Day was published by Pudding House Press in 2008. Barbara earned her MFA in Creative Writing from Vermont College. She has given readings in Vermont, New York City, Princeton, Philadelphia and Slovenia. Ms. Strasko is a graduate of Millersville University where she earned a BS in Elementary Education/Special Education as well as an MS in Psychology.

(717) 299-8855 • cell (717) 575-4338 • bstrasko@comcast.net

Write From The Heart

Melissa Greene

A writer's oasis. This gentle workshop sparks the courage, passion and confidence to create. Find your voice for the first time, or right where you left it. No pressure, competition or anxiety. A retreat for the artistic soul, helping even the most timid relax. Please bring pad, pencil and your zest for life.

Melissa Greene is a fiction writer, poet and writing coach. She studied at the Banff School of Fine Arts, Williams College and everywhere she's been in life. Her poetry and short stories have appeared in numerous publications and her songs performed by singers nationwide, including singer/composer Michael Feinstein. Her father was an Academy Award nominee for best song and a writer for the Red Skelton Show. Fascinated with writing as a therapeutic tool, Melissa began leading workshops in the 1980s, aiming to inspire – and support – the creative spirit. In reaction to 9/11 she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. Since 2001 she has taught – full time and with great pride – in both Lancaster County, PA and New York City.

(717) 626-6295 • www.writefromtheheart.us

Body Image Empowerment

Lizzie Yeager & Nikki Eisely

In this workshop we will expose vicious cycles of self-hate related to body image to instead embrace the notion that we can truly love ourselves in the now. Using a form of sand painting to sand mandalas, we will also celebrate and creatively express what we DO love about our bodies.

A survivor of self-hate and self-loathing that developed into an eating disorder that eventually empowered Lizzie to love all 325 pounds of herself. Also, owner of a photography and graphic art business geared towards body image empowerment using imagery. She led a similar workshop last year at a women's retreat for Nature Church/Spoutwood Farm as well as other classes and workshops for her church and a women's group, Women of Zen.

(717) 598-1498 • positiveimagestudio@yahoo.com

Wholistic Life

Trella Dubetz, Wholistic Life Agent/Douladonna

Trella will be presenting information on a variety of ways to create a whole, happy, and satisfying life – at different stages of life. She will be covering topics such as: bodywork in a complimentary medical setting, whole foods, Doula services/joyful birth in all settings, a pleasure driven lifestyle, law of attraction and more!

Trella has a Bachelor of Fine Arts degree from Massachusetts College of Arts. She is a certified massage therapist with a certified specialty in Cranial-Sacral Therapy. She is a Reiki Master, Birth Arts International trained Doula and a graduate of Mama Gená's School of Womanly Arts!

(717) 285-5423 • cell (717) 468-7523 • Trelladubetz@gmail.com

Qigong (Spring Forest)

Mary F. Gabriel, CMT

Mary will introduce participants to the principles of spring Forest Qigong and will explain how Spring Forest Qigong, created by International Qigong Master Chunyi Lin, differs from traditional qigong in its pure simplicity, immediate effectiveness and healing power. She will guide participants in the eight simple movements of Level I, the “hallmark” of Spring Forest Qigong. She will also guide participants in a powerful healing meditation to help remove energy blockages and renew individuals with fresh spiritual energy.

Mary, a dedicated healer, has devoted her practice to providing a safe and fertile environment for her clients. That vision began in 1988 when she graduated from the Chicago School of Massage Therapy. As a Nationally Certified Massage Therapist, Mary utilizes a wide variety of modalities in her professional practice. She specializes in orthopedic and other medical applications, treating patients referred to her by physicians, chiropractors, physical therapists and mental health practitioners. At the same time, Mary has worked closely with a local women's shelter in an outreach program for survivors of domestic violence. Out of her work with domestic violence survivors, Mary developed and trademarked a unique soft tissue technique where the lasting effects of deep tissue work were needed, but the discomfort caused by the invasiveness of deep tissue work was inappropriate. Mary draws on her 21 years of professional knowledge and a lifetime of personal experiences to offer classes, workshops and retreats to a variety of unique audiences. She has contributed to radio interviews and magazine articles, and she continues her studies in the healing arts.

Gabriel Healing Arts: (717) 656-6196 • cell (717) 413-9384 •

www.gabrielhealingarts.com

Ancestors Workshop

Amanda Kemp

This workshop blends yoga, creative writing and meditation to help participants connect with their ancestors. "Ancestors" refers to biological, spiritual, artistic or historic forbears with whom we have a conscious or unconscious connection. Typically a weekend long experience, the portion facilitated at Woman to Woman will give participants a taste of what it's like to connect with ancestors and to dialogue with each other.

Amanda has led versions of this workshop since fall 2007 at colleges such as F&M, Haverford, Roanoke, at high schools, yoga studios and in social change organizations. Connecting with the ancestors became part of my work as an artist and educator when she received a poem in meditation called "The Ancestors Are Calling You." Amanda has her PhD from Northwestern University. She is the founder/artistic director of Theatre for Transformation, a yoga teacher, a second degree Reiki practitioner and a Radical Manifestation Coach. She has taught at Franklin & Marshall College, Dickinson College and Cornell University. She weaves together yoga, Reiki, forgiveness and theatre. She is "on a mission to heal the planet" and invites you to join her.

(717) 333-9563 • Amanda@dramandakamp.com

Stay Strong Without Exercising

Dawn Cox, MSPT, CFMT

Come have fun learning how to gain strength and feel strong all day long. Learn to move efficiently and strengthen in everyday life versus causing injury over time. Knowing a few simple strategies such as base of support, alignment, core initiation (LPM), weight shift and weight acceptance...you may not only find yourself with less pain, but a better more vibrant body all around.

Dawn is an energetic and caring physical therapist who has worked as a movement specialist to everyone from chronic pain sufferers, young athletes to the dancers on Broadway in New York City. She has her masters in physical therapy and is only one of two Certified Functional Manual Therapists in all of Pennsylvania. This year she opened Prana Physical Therapy as a holistic physical therapy clinic in downtown Lancaster and is determined to let people know that they can be empowered to help themselves live without pain!

(717) 390-4822 • cell (717) 917-9136 • dcoc@pranapt.com

Women's Sacred Circles: Circles of Grace

Nancy S. Zink, MA, MSW, CET II

Circles. They are a universal symbol of Unity, wholeness and infinity. Your divine power as women unites the sacredness of who you are and your infinite wisdom. Come explore and share the sacredness of circles with other women and be infinitely graceful.

Through the use of action methods, she will help individuals, partners and families explore personal growth and self-awareness.

Nancy is a certified experiential therapist in private practice who has led many workshops on self-growth. Her commitment is to help others be the best they can be.

(717) 653-9423 • cell (717) 201-5869 • nancysuzanne@juno.com

Shamanic Healing Journey

Lisa Vigilante, CMT

Danielle Vigilante-Webb

Lisa will discuss what a shaman is and what a shaman does before leading the group in a meditative shamanic drumming journey. You will finish by discussing what insights are gained during the journeys taken.

Lisa has more than 15 years of experience as a massage therapist and is the co-owner of L & E Massage Therapy Centers in Lancaster and Ephrata. She is currently studying with a contemporary shaman Robin Rice and has used the tool of journeying in her own healing process.

L & E Massage Therapy Centers: (717) 560-6788 or 721-3254 • lande@massagetherapy.com

Gentle Yoga

Suzanne Accardo

If you are like many people, your life revolves around your kids, your job, your parents or your partner. In all that, you might be neglecting the most important person in your life: you. Take some healing time for yourself. Join us for this nurturing 45 minute Gentle Yoga class that will combine slow stretching, deep breathing, and guided imagery to relax the body and mind. Open to those who have always wanted to try yoga as well as those with experience. Take a deep breath, stretch and relax!

Suzanne holds a Master's degree in Education and is the owner and director of The Yoga Place in Ephrata, PA. a certified and Yoga Alliance Registered yoga teacher, she is passionate about presenting yoga in a way that is peaceful, relaxing and healing.

(717) 336-5299 • www.theyogaplaceinephrata.com • smaccardo@aol.com

Kitchen Medicine: A Focus on Women's Health

Renee Awad, ND

During this workshop you will learn to use simple dietary and herbal remedies found in the kitchen to help improve your health. Simple lifestyle modifications will be addressed as well, such as the importance of breath. We will be focusing on practical, everyday things that we can do to be

healthy. The workshop will be part lecture, part group discussion and will include some group activity.

Renee graduated in 2006 from Bastyr University with a Doctor of Naturopathic Medicine degree and has a BA in Psychology from Bucknell University in 2002. She has been in private practice since 2008 and is President of the Pennsylvania Association of Naturopathic Physicians and a member of the American Association of Naturopathic Physicians.

(717) 875-3056 • r.awad@avalonnaturalhealth.com

Pilates Body Conditioning

Maureen A. Dressman, Certified Pilates Instructor

Stretch, strengthen and balance the body with Pilates exercises. This class will use focused breathing and a combination of lying and standing exercises to improve circulation and natural body movement.

Maureen Dressman is a certified Pilates instructor and sole proprietor of an exercise business called Pilates in Motion located at the New Movement Center in Lancaster city. She also instructs ZUMBA Latin dance classes. Maureen has a B.S in Physical Education and Sport from Indiana University of PA. As former Health and Fitness Director of the Lancaster YWCA and Physical Director of the York YMCA, she has over 20 years of exercise teaching experience. In 1993, Maureen received the Outstanding Young Fitness Leader Award from the Lancaster Jaycees. Maureen Dressman is the 2009-2010 President of the Penn Square American Business Women's Association (ABWA) Penn Square Chapter. She is a member of St. John Neumann Church, the Lancaster USA Ballroom Dance Association, and past member of the Grant Street Dance Company, an intergenerational dance company that performs at local venues in the Lancaster Community. Her mission is to provide each person quality Pilates instruction for improving their individual strength, muscle tone and flexibility while reducing their body pain resulting from poor posture.

Pilates In Motion: (717) 314-1597 • Maureen@pilatesmotion.com

Emotional Freedom Techniques (EFT)

Sonny Ditzler

EFT is an amazing self help technique that is used to help people reduce and often completely remove physical, emotional and other issues such as headaches, pain, anxiety, depression, weight loss, chronic fatigue, post traumatic stress, fears, phobias and much more. Participants will receive hands on instruction as well as a demonstration with workshop volunteers. The combination of two well established sciences: mind-body medicine and meridian based therapy may be the reason EFT has had such amazing results for so many people. The technique involves tapping with your

fingertips on specific energy meridian endpoints on the body (acupuncture points) while focusing on an issue. EFT is an easy technique to learn.

Corporate Trainer, Programmer, and Quality Specialist. Reiki and Therapeutic Touch practitioner. EFT practitioner since August 2008. Trained by certified EFT instructor Lisa Rogers, and EFT Masters Jan Luther, Jaqui Crooks, and Ann Adams, former Director of EFT Masters Program.

(717) 898-3167 • sonny001@comcast.net

Ayurveda: Wisdom For Living

Jonina Hoffman, DPT, CYT

An introduction to the world's oldest practice of wellness principles. Each of us contains unique manifestation of nature's laws – encoded in our individual constitutions is our own secret recipe for radiance and beauty. This workshop is designed to help you understand your own unique constitution and ID the foods, practices and habits that will lead you to your optimal function and state of being.

Born and raised in Lancaster County, Jonina is a Doctor of Physical Therapy, a 200-hour certified yoga teacher and studied Ayurveda at the Himalayan Institute.

Prana Physical Therapy: (717) 380-3559 • joninahoffman@yahoo.com

Embodied Selves: Coming Into Our Own in an Objectifying Culture

Adele Ulrich

In this inter-generational and experiential workshop we will work to loosen harmful, objectifying strongholds of media-saturated gender socialization, which, to some degree, constrict all women – and even men. We will look at the cultural Petri dish in which our selves and relationships to our bodies are grown. Using voice, touch and simple movement, we will emerge with strengthened senses of ourselves, renewed relationships with our bodies and resources to help us shift to a new paradigm.

Adele Ulrich is the Co-Director of the Fulton Youtheatre. She is Artistic Director of the Planet Project, an intergenerational movement theater company using multimedia performance to raise awareness surrounding social problems. She practices Movement Therapy and teaches improvisational movement and partner yoga at the New Movement Center Lancaster.

(717) 468-3685 • openmotion@gmail.com • www.newmovementcenter.com

Traditional Chinese Medicine

Lei Zhang

Balance, harmony and natural healing are the key points of Traditional Chinese Medicine. Lei will discuss acupuncture, herbs, cupping TuiNa and Warm needle practices.

Lei was a physician in Beijing, China, before becoming an American. She got her acupuncture and oriental medicine license in the USA and has practiced in New York City, Philadelphia and currently practices at Wenger Chiropractic Group in Lancaster.

Evergreen Natural Care: (717) 330-1515 • lzhang318@comcast.net

Greening Our Bodies: Celebrating the Gift of Eating Alone

Betsey Gerstein Sterenfeld

Be it steak and potatoes, rice and beans or white liquids, we reveal our most private selves when we dine alone. Join us as we explore how we fuel ourselves during our precious time alone and add a few new ideas to your world. Influenced by the best selling book "What We Eat When We Eat Alone" by Deborah Madison and Patrick McFarlin.

Betsey is the proprietor of Essen, a recreational cooking school based in Lancaster dedicated to passing along the tradition, skill and community of cooking. Betsey's lifelong passion is the culinary arts and its effect on our communities; her education includes an MBA from The Wharton School.

Essen: (717) 391-8270 • betsey@breathelivegrow.com

Home-Scale Sustainability: Small Steps Create Big Changes

Natasha Herr

Sustainability starts at home! Join us as we explore ecological gardening techniques, rainwater catchment, composting, natural parenting, natural birth control and pregnancy achievement techniques and sustainable self-care products. Small changes at home can make a big difference for the planet and our health. Participants will leave with seed packets and instructions for growing. Lets work together to regain control of our bodies, our homes and our communities!

Natasha has spent the last seven years studying and traveling around the country exploring sustainable living techniques – working on organic farms, talking to people, taking classes and teaching classes. She is a student of the Wilderness Awareness School in Washington State and is co-owner of Homegrown Edible Landscaping Company. Her passion is helping people grow their own food!

(717) 951-5984 • homegrownedibles@yahoo.com

Nature Underfoot

Lisa Sanchez, Naturalist

Join Naturalist Lisa Sanchez for a walk to the park. We will use our senses to discover the natural world around us. As we touch, smell, see and hear our

environment you will notice many of Mother Nature's wonders that we often overlook.

Lisa has been a Naturalist with the Lancaster County Environmental Center for 15 years. Sharing her love of nature with children and adults is what makes every day special and exciting.

Lancaster County Environmental Center: ljsnaturalist@yahoo.com

Interior Redesign & Sustainable Living

Ann Duval

Interior redesign, sometimes called one-day decorating, is a simple and affordable alternative to traditional interior decorating, and is the ultimate "green" approach to home décor. Find out how the "3 Rs" (reduce, reuse, recycle) apply to interior redesign, take Ann's quiz to rate your own home energy consumption and air quality and see some great real-life examples of recycling through design.

Through My Homescapes, Ann helps women who aren't happy with their home décor and are ready for a change; she gives them a beautiful, fresh look, using only their existing furnishings, with her interior redesigns. Ann turned her life-long love of art and design into a second career by refreshing her BFA degree with specialized interior redesign courses and is a certified Interior Redesign Industry Specialist (IRIS).

My Homescapes: (717) 293-8333 • ann@myhomescapes.com