

FEES

In studio fees: 1 person \$60; 2-10 people \$80; more than 10 people = \$80 base price plus \$10 for each additional person.(e.g. 11 people cost \$90, 12 people cost \$100) Maximum group size 15.

Out of studio fees: 1-10 people \$100; more than 10 people = \$100 base price plus \$10 for each additional person.(e.g. 11 people cost \$110, 12 people cost \$120). Maximum group size 20 . Out of studio costs may vary if travel time is over 30 minutes.

Fees are negotiable.

Please call for fees outside of Plattsburgh and for larger groups.

PRESENTATIONS;

Workshops, Courses and Programs for Companies, Agencies and Organizations:

Costs vary depending on group size, travel time and structure of workshop, courses and programs.

Sessions are available at an individual or group rate. Hourly rates vary depending on the size of group and travel time. Please call or e-mail for information. If solicited, consultation with participants and follow-up with staff.

ABOUT THE INSTRUCTOR

Luis F. Sierra, Ph.D., R.Y.T. *is a certified Integral Yoga instructor, Registered Yoga Teacher(RYT) Yoga Alliance (500 hours). He has completed both the Professional Training and Teacher Development Intensive in Mindfulness-Based Stress Reduction (MBSR) of the Stress Reduction Clinic, University of Massachusetts. In addition to his work at ADK Yoga , he works with individuals and has taught at Third Age Center, SUNY; Vilas Home; Lake Forest; Pine Harbour; Hospice; Caregivers and people in service professions; Cardiac patients at CVPH; staff of several local companies and businesses, etc. He also develops courses and programs for companies and agencies.*

For ten years he had a private practice in New York City working with people who have heart disease, cancer, arthritis, dementia and other conditions, or those interested in coping with daily stressors more skillfully. He worked with private businesses, non-profits and universities. Sierra's experience in medical settings in New York City include: the Dr. Dean Ornish Program for Reversing Heart Disease, and The Institute Neurology and Neurosurgery at Beth Israel Medical Center; Mt. Sinai Hospital; and The Complementary Care Center, New York Presbyterian Hospital.

ADK Yoga

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Private Sessions Semi-private Sessions Presentations

Hatha Yoga,
Meditation,
Mindfulness-Based Stress Reduction
(MBSR)
Stress Management



ADK YOGA

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PRIVATE AND SEMI-PRIVATE SESSIONS

- ◆ Receive personalized attention, ask questions, and find what is optimal for your body and lifestyle. Very helpful for Hatha Yoga beginners and those interested in deepening their practice.
- ◆ Ask questions, develop a personal daily practice routine, and consider ways to effectively integrate Hatha Yoga, Mindfulness and Stress Reduction practices into your life.
- ◆ Explore the use of yoga props and learn how to adapt the poses and find alignment.
- ◆ Learn Restorative Yoga where poses are held and supported while resting comfortably. A very soothing and deeply relaxing experience.
- ◆ Discover how to develop breath awareness, learn breathing practices and work with your breath for Hatha Yoga, Meditation and Stress Reduction.
- ◆ Learn how to use Hatha Yoga and Mindfulness practices for therapeutic purposes, for greater strength, flexibility, balance and calmness. Learn how to use these techniques for stress management and to help you cultivate a greater sense of well-being.
- ◆ Learn how Hatha Yoga and Mindfulness can help you cope with certain conditions (limited mobility, arthritis, physical injuries, etc.) and with illness (heart disease, high blood pressure & cardiac issues, anxiety, cancer, dementia, Parkinson's Disease and other conditions). The practices are adapted, emphasizing restorative qualities, allowing you to discover what is best for you.
- ◆ Learn meditation techniques and how to cultivate greater calmness, balance and strength.
- ◆ Treat a group of friends or family to a semi-private session. Share the benefits with those you care for and love.

PRESENTATIONS:

Workshops, Courses and Programs for Companies, Agencies and Organizations

Adapted Hatha Yoga & Mindfulness for Well Being & Stress Reduction

The practices that come from Hatha Yoga and Mindfulness can be presented and adapted for the workplace as part of staff meetings, retreats or for staff development and wellness. We offer one or two hour presentations and workshops, weekly or monthly courses and programs. We will gladly discuss your interests and develop a format that will respond to the special needs of your staff. Simple ways of integrating these practices into one's daily routine can be provided, including suggestions on how to practice at home, at work or on the road. An integral part of each workshop, course or program is an overview of why these practices may be of benefit in managing life's challenges more skillfully, tips on how to identify stressors and develop the skill to manage stressors effectively, and how to establish a foundation of balance and well-being in our lives. The following are selected titles of some of the presentations offered: Mindfulness Practices for Self-care; Rest, Renew & Relax, Hatha Yoga & Mindfulness for Stress Management; Being Present from Crisis to Crisis, Dealing with Burn-out; Restorative & Relaxation Practices for People Dealing with Chronic Illness; Stress Management Training in the Workplace; Mindfulness and Hatha Yoga as Medicine.

Mindfulness-based Stress Reduction (MBSR)

Mindfulness-Based Stress Reduction (MBSR) based on the work of the Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical Center in Worcester. Mindfulness meditation practices offer a way of being fully aware of the present as it unfolds, moment by moment. Through these practices people learn how to relate differently and more skillfully with the stream of constant thinking and doing, which is often a leading cause of stress in our lives. This leads to stillness, relaxation and a sense of peace, gradually allowing individuals to find ways of responding rather than reacting to internal and external stressors. People with chronic illness/conditions and those interested in navigating daily stressors have found MBSR helpful. Among the benefits reported by participants are fewer and less severe symptoms, a more relaxed body and mind, greater self-confidence and sense of feeling connected in a positive way to their lives. This can be presented in a four week to eight week program, one and half hour to two hours per week. It includes material for practice at home.