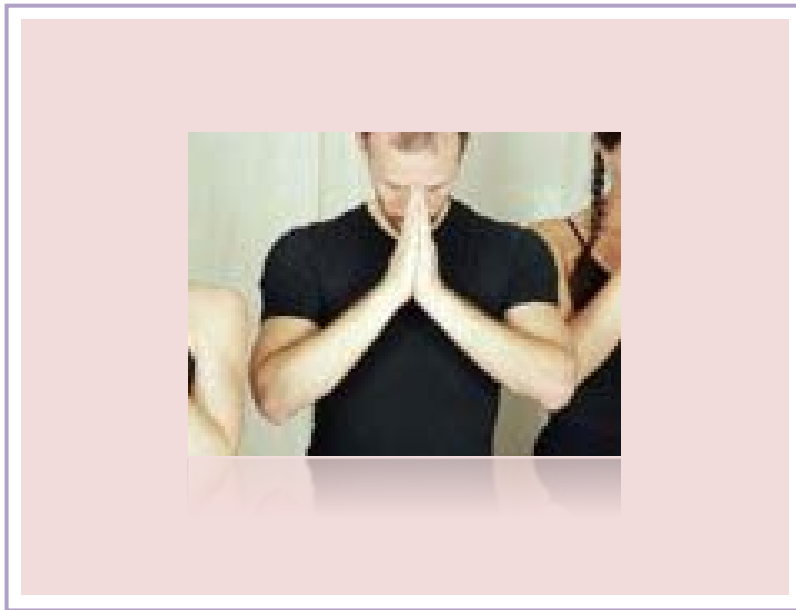


YOGA GLOW & WELLNESS

PRESENTS



BLISS a day of Wellness & Fitness – 2nd annual



SATURDAY, AUGUST 21, 2010

**LOCATION - HOSTED BY: THE LINDEN SPA - THE INN AT PERRY
CABIN, ST. MICHAELS, MARYLAND**

BLISS – A DAY OF WELLNESS – The Schedule

8:45 a.m. **Meet at the Spa Lawn –Registration - Welcome – Intros**

9:30 a.m. **WAKE UP CALL with MIND/BODY –FITNESS Sessions! (choose one)**

Power Yoga with Tami Jacobs - enjoy this waterside session designed for intermediate to advanced. An invigorating series of balance & strength postures that will employ every muscle in your body, test your flexibility and your concentration. Followed by a restoring & clearing savasana. (1 hr 45 minutes)

Pilates with Jena Latham –mat session to strengthen the core & align the spine- leave the session feeling stronger and taller -starts with a 15 min. talk on Joseph Pilates, the interesting way Pilates was founded, basic tips on form/safety -Linden Spa studio (1 hr 15 min. all levels)

Gentle Yoga/Meditation with Josh Rothschild –restore your mind & body with this gentle series of postures with the view of the lovely Miles River, designed to open up the body, release muscle tension, followed by a guided meditation- all levels (1 hr. 30 min)

Jazzercise with Kim Hoyt Barrera and Denise Haddaway – let loose in this fun & easy to follow session that combines jazz dance, Pilates, yoga, and kickboxing movements for a total body workout. Session sequence: warm-up, 30 min. cardio, strength segment followed by stretching-all levels (1 hr) bring hand-weights 1- 5 lbs. max.

Spa Water-Wellness with Faith M. Butler – unwind in the beautiful outdoor Linden spa pool – Faith will start this session with some gentle water based resistance/toning work followed by restorative water flow movements –all levels (1 hr) showers available after session.

Yoga 101 with Sydney Greenish – a comfortable setting for those new to yoga –this session will start with a discussion on different types of yoga, brief history of yoga, benefits of yoga, special considerations in yoga (specific for men, pre-natal, athletes, injuries, yoga road-blocks) followed by a series of postures and a final relaxation. 1 hr. 15 min)

11:30am **Meet at the Spa Lawn – Wellness Message with Sydney – NOON - Break for lunch**

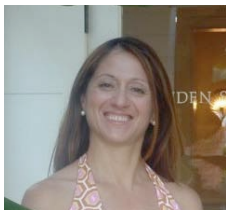
1:00 **Afternoon Wellness Sessions (choose one)**

Aromatherapy Workshop with Jena –Create & take home a scent made just for you! **Yoga Workshop** with Tami – a time to work on adjustments so that your postures are correctly aligned, ask questions, learn fun postures from bakasana to peacock. **Stress Management -Laugh More, Stress Less with Josh** - learn to live a more joyful life by learning to laugh more –learn methods that will reduce anxiety/stress through meditation & relaxation & other practices for a healthier, more balanced life.

2:15pm **Presentation – Amy Haines. “Why What You Eat Matters”** – Amy will share her personal story and journey with food, wellness, yoga, our social responsibilities and how they are connected. Learn more about why what you eat/drink has environmental and social implications – food sustainability, why local matters and the global-big picture.

3:30pm **Wellness Happy Hour!** Meet at the Spa lawn & pool for mind/body, wellness, healthy refreshments happy hour! Enjoy a seated chair massage, reflexology massage, hand massage, blood pressure screening, savasana relaxation adjustments, tai’ chi demonstration, share the days events, wellness drawings. Followed by the closing of the event.

INFORMATION ABOUT OUR Presenters & Instructors



Sydney Greenish, Founder of Yoga Glow & Wellness/Bliss Events

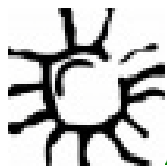
Sydney is a certified Yoga and Pilates (MAT and Reformer) instructor and founded Yoga Glow & Wellness in 2007 as a way to help share wellness, fitness and well-being. Sydney teaches at Merritt Health Clubs and the YMCA of Talbot County. She has also taught at Harborview Health, Metropolitan Fitness, Maryland Athletic & Wellness Club. Sydney received her B.S. degree from The Johns Hopkins University where she studied the psychology of stress and the psychology of emotions both of which inspired her to learn more about the mind/body relationship. Sydney has practiced Bikram yoga, power yoga, vinyasa and has trained with D. Swenson in ashtanga yoga. Sydney continues to be inspired when she is in the presence of so many others who share the practice and wellness.



Josh Rothschild, Founder of Stress Management Consultants, Baltimore MD

Josh is the director and founder of Stress Management Consultants and is a certified instructor of meditation and Kundalini yoga. He has been a featured presenter for stress management at Goucher College, Pearlstone Retreat Center, Sandler Sales Training Institute, Johns Hopkins University, Volunteer Maryland, the National Alliance on Mental Illness, and the Baltimore County Health Dept. In the year 2000, Josh learned meditation and yoga and used them to heal himself from what had then been life-long conditions of depression and back pain. Having gained so much from the practices, Josh dedicated his life to being a full-time teacher for others. Josh created Stress Management Consultants as a means to teach people how they can use safe and natural practices to experience greater peace and vitality. It is his mission to teach and support people to live peacefully both within their lives and within themselves.

<http://www.stressmanagementmd.com/index.php>



Amy Haines, Proprietor, Out of the Fire Restaurant, Amy's passion with food, wellness, the environment and social and personal awareness are all part of what inspired her to create her own business and mission that she shares with others. Prior to her move to the East Coast, Amy was in San Francisco working in the field of biotechnology. Amy is a certified yoga instructor and has practiced yoga and has attended spiritual retreats, silent retreats and holistic retreats. One of Amy's messages in wellness is sharing her experiences in how food is a direct connection to how you feel, think, and connect to the world around you.



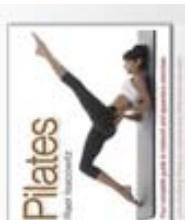
Faith M. Butler is an Exercise Physiologist and a Pre & Post Rehabilitative Specialist. She earned her Bachelor's degrees in biology and psychology and a Masters in physiology with a minor in cardiac rehab. One of her greatest accomplishments is her work with individuals with post-traumatic injuries. She has worked for the YMCA in Talbot County as a Physiologist and Rehab Specialist and Director of Health & Fitness and at the Rehoboth Beach YMCA and has taught fitness yoga, kickboxing, sports core and aquatic classes. Faith is now self-employed and teaches private/semi private yoga and aquatic classes and continues work with those with rehabilitative needs.



Denise Michaelides Haddaway – a native of Long Island, Denise has always had a passion for fitness and wellness. Denise worked in the dental field for 22 years before changing to the fitness and wellness field. She is a 2001 graduate of The Baltimore School of Massage and a 2003 graduate of the Von Lee International School of Esthetics. Denise is a certified Jazzercise instructor and holds the position as Spa Director at the Linden Spa at the Inn of Perry Cabin.



Kimberly Hoyt-Barrera attended Trinity Valley and Texas State University. A native Texan, Kim moved to the lovely Eastern shore with her family and is the owner of the Easton Jazzercise Center where she inspires and motivates many to stay fit while having fun. Kim has also taught group fitness at the Talbot County YMCA. If you have ever taken a class with Kim you know that her enthusiasm for fun fitness is contagious.



Jena Latham completed her comprehensive Pilates training with Body Arts and Science International and teaches mat Pilates and chair Pilates at The Studio in St. Michaels. She is also a professional herbalist, gardener and a private chef specializing in healthy gourmet fare. Jena has worked in the fitness and wellness field in Colorado and France before returning to her native Eastern Shore to continue to help others in their path in wellness.

INFORMATION ABOUT OUR Host...



Linden Spa is the premier resort spa on the Eastern Shore of Maryland that offers a full range of spa services that focus on pampering, rejuvenation and wellness including a number of signature treatments such as a clay and flower massage that moisturizes and balances the skin, and a Botanical Complex facial that draws on the healing benefits of plants and herbs.

The spa is named after the large Linden trees that line the brick driveway leading to the hotel, whose blooms are used in many of the spa's signature treatments. Linden trees were initially brought to the United States from Europe by early settlers and their white and yellow blooms were coveted for their beauty, medicinal purpose and bountiful honey and beeswax harvests.

While at the spa guests can rest in the indoor or outdoor relaxation rooms, take a dip in the infinity edge pool, detoxify in a steam room, find harmony in a yoga class, fine tune one's fitness routine with a personal trainer or find something to take home at the spa's apothecary.

Please review the spa's website for more details on the wellness and spa services and book your special treatment today.

Denise Haddaway, Spa and Wellness Director

The Inn at Perry Cabin, 308 Watkins Lane, St Michaels, Maryland, 21663, USA. Tel: +1 410 745 2200 or +1 866 278 9601

http://www.perrycabin.com/web/omic/spa_introduction.jsp

BLISS – A DAY OF WELLNESS

2010 – 2nd Annual REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

Morning Session Choice (choose one) _____ Pilates (mat) _____ Yoga101 _____ Power yoga
_____ SpaH20 _____ yoga-Gentle with meditation _____ Jazzercise

Lunch (select one) _____ spa pool menu (special menu, choices will be emailed to you – price not
included in reg fee) _____ Bring my own lunch _____ Other

Afternoon Session Choice (choose one) _____ Aromatherapy _____ Laugh More _____ Yoga
workshop

Registration: Early Registration \$50 (by July 30) Regular Registration (after July 30) \$65

SPACE IS LIMITED – REGISTER TODAY!

Mail REGISTRATION FORM and Payment to:

Sydney Greenish, 22 Rainflower Path #104, Sparks, MD 21152

Contact Sydney for questions/concerns: Sydney.greenish@ymail.com or 410-804-4819

All Participants will be required to sign a waiver/release

How did you Hear about this event? _____

You may wish to bring: yoga mat, towel, cushion/pillow (yoga mats will be available if you do not have your own), swimsuit for aquatic class, sunglasses, sun protection

A portion of the proceeds will be donated towards a commemorative gift in memory of Samantha Garner-Jones who passed away this year. Samantha worked at linden spa and at Talbot County YMCA. She always had a smile on her face and continues to be missed and loved.

THANK YOU - LOOK FORWARD TO SEEING YOU at BLISS!

NAMASTE, Sydney