



Mindfulness - the Yoga of Mind, Body and Moment

a 5 hour workshop exploring our embodied minds and connected hearts

With

Emily Large, PT, CYT, ERYT-500 and Gus Castellanos, MD

Sunday, September 17th 9am-3pm

[Center City Pharmacy](#)

[416 Clematis St, West Palm Beach](#)

Cost: \$95 or \$120 with 5 CEUs for physical therapists

Dress: loose comfortable clothing for yoga postures and for mindfulness practices

What to bring: a yoga mat, cushion, blanket

Lunch: 1hr lunch break 12-1pm; participants may bring their own lunch and eat in the facility or across the street at the library courtyard. Alternatively there are many eateries that are close to the facility (Fields of Green, Subculture coffee, and more)

In this 5 hr workshop, expect to learn and take home four concise yet potent practices that are appropriate for beginners as well as seasoned practitioners. We will utilize ancient methods drawn from mindfulness and yoga, allowing us to explore our physical structure with movement, vitality with breathing strategies, and state of mind with meditation. Each practice integrates these three dimensions, progressively moving from an external focus to internal, creating a more comfortable body, stable energy levels, balanced emotions, and alert yet calm mind.

This workshop is appropriate for those interested in deepening their understanding of mind-body therapies to reduce suffering and optimize health either for personal use or for professional use as a therapist in the clinical setting. ***Five continuing education contact hours (CEs) are available to physical therapists and physical therapy assistants.*** A comprehensive bibliography will be included for those interested in the scientific literature which supports this work.

Schedule

- 9-9:30am - **Introduction**
- 9:30-10:45am - **Outer Layer Practice** -- explores the physical structure through breathing, movement and body scan meditation
- 10:45-11:45am - **2nd Layer Practice** -- explores vitality through specific breathing methods, movement and awareness of breath meditation
- 11:45-noon - **Discussion** of current scientific evidence which considers the practice of mind-body therapies
- **Noon – 1pm LUNCH**
- 1:00- 2:00pm - **3rd Layer Practice** -- explores the mind through breathing, movement and awareness of ‘mindscape’ meditation
- 2:00-2:15pm - **Presentation** of take-home practices for the participants
- 2:15-3:00pm - **Open discussion, Q&A, closing remarks**

Meet the Teachers:



Emily Large, PT, CYT, ERYT-500 is the founder of Living Large Therapeutics, which combines the science of physical therapy with the time-honored practice of yoga. Emily has practiced yoga since 1997 and her teaching is inspired by her teachers, Gary Kraftsow and Mirka Scalco Kraftsow. Completing the four-year, 1000-hour yoga therapy program through the American Viniyoga Institute, Emily is recognized by the Yoga Alliance as an Experienced Registered Yoga Teacher at the 500-hour level and a Certified Yoga Therapist. Currently, Emily is one of only two certified viniyoga therapist in the states of Florida and Georgia. In addition, Emily has practiced physical therapy since 1994 in various settings, participated in physical therapy research, provided continuing education for health care professionals, and been featured in the New York Times, Yoga Journal, Palm Beach Post, PT Magazine, and NBC WPTV News Channel 5. Emily received her Associate of Arts degree from the University of Florida, her Bachelor of Science degree in physical therapy from the University of Central Florida, and then attended Emory University for graduate studies in neuroscience and movement science.



Gus Castellanos, M.D., retired Neurologist, graduated from the University of Miami Medical School in 1980 and practiced Neurology and Sleep Medicine in Palm Beach County until 2006. He has been a practitioner of mindfulness since 1998 and a mindfulness based program teacher since 2009. He is trained by the University of Massachusetts Medical School Center for Mindfulness and the University of Miami Neuroscience Lab. He currently teaches at a variety of facilities and venues throughout South Florida, including Sari Center for Integrative Cancer Care, Palm Beach Co Fire Rescue, The Mindful Path, UHealth Fitness Center, Mindful Kids Miami and has facilitated programs for FIU College of Medicine NHELP program, the Hanley Treatment Center, the Miami Dade Fire Rescue, U.S. Army and Hospice of Palm Beach County, just to name a few. He serves as adviser to the University of Massachusetts Medical School Center for Mindfulness' outreach MBSR program at Jupiter Medical Center and is involved in mindfulness research with the University of Miami Neuroscience Lab.