



BRAZOS
HEALING CENTER



The Art of Slowing Down with Carie Garrett

February 25 (Saturday), 2:00pm-4:30pm

\$35/participant - Pre-register by Feb 24

In our fast-paced, multi-tasking world the notion of slowing down and doing less seems ludicrous. We've got so much to do that we think we've got to speed up to keep up. Speeding up not only fatigues our nervous systems, but it leaves us feeling stressed-out, fatigued, depleted, exhausted, depressed, dis-spirited, and dis-eased. What's needed is not more speeding up, but rather a slowing down and doing less, so that we can restore and replenish ourselves.

Join Carie Garrett for this workshop at the Brazos Healing Center on the art of slowing down and doing less. Give yourself permission to let the busy-ness fall away for a little while, as you begin to reclaim your energy and your essence. We'll explore meditation techniques designed to help you slow down and find your center. We'll find the wisdom in working with our minimum edges in super slow, gentle movements designed to open your body in the tight places. We'll incorporate lots of lying down poses using the wall, and we'll wind down with some good, long restorative poses where your body is supported with props. You'll leave feeling deeply re-connected, rejuvenated, and joyously YOU again. This workshop is appropriate for all levels of experience.

Carie Garrett is a senior teacher of Los Angeles-based yoga master Erich Schiffmann. Since 2001 she has worked extensively with Schiffmann as his apprentice and teaching assistant at workshops, retreats, and teacher trainings throughout the country. Carie teaches a fluid and creative practice based on inner listening, self-trust, and intuitive alignment. Her unique teaching style weaves together a love of innovative movement from a dance background and a strong knowledge of anatomy and kinesiology from 25 years as a group exercise instructor. Her classes are spontaneous, fun, outside the box, and reflect her passion and real-life experiences of living the yoga in the world on a daily basis. Carie teaches Freedom Style Yoga classes in College Station, Texas, and workshops and retreats both state and nation-wide. For more information, visit: www.cariegarrett.com.

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