

# Transforming Emotions

## Yoga and the 5-step process "Feeding your Demons"

A weekend workshop for people who would like to explore the relationship between body and emotions



November 2<sup>nd</sup> (evening) – November 4<sup>th</sup> (noon) 2018

Karuna Haus, Toggenburg (CH)

**Nicole Spencer** (RYT Yoga teacher, Co-Active Professional Life Coach and Certified Essential Oils Coach)  
and

**Annalis Prendina** (Therapist, teacher of Buddhism and meditation).

**Seminar fee:** SFR. 250.-

**Housing and board:** SFR. 92.- to SFR. 132.- / day

The workshop will be held in English/German according to participants; no prerequisites.



Contact for further information and  
registration (until October 15<sup>th</sup>):

Nicole Spencer +41 79 438 66 33

[www.yogaherz.ch](http://www.yogaherz.ch)

[www.savaliving.com](http://www.savaliving.com)

Annalis Prendina +41 79 404 82 42

[www.supervisionzürich.com](http://www.supervisionzürich.com)

[www.craniosacralzürich.com](http://www.craniosacralzürich.com)

## About the Workshop

Emotions are coming and going by nature. They dissolve like clouds in the sky. Yet sometimes there are compulsive thoughts forming around them. Not only do we start holding on to these thoughts but also the resistance of letting go starts building body patterns directly linked to those stuck emotions. And these body patterns are usually holding a lot of energy binding our life force. This can limit our abilities in life and even result in illness over the long term.



“Feeding our demons rather than fighting them contradicts the conventional approach of fighting against whatever assails us. But it turns out to be a remarkably effective path to inner integration. Demons are not bloodthirsty ghouls waiting for us in dark corners. Demons are within us. They are energies we experience every day, such as fear, illness, depression, anxiety, trauma, relationship difficulties, and addiction. - Anything that drains our energy and blocks us from being completely awake is a demon.”  
- Lama Tsultrim Allione

In this workshop we look into places of emotional stuckness in a very gentle way by using the resources of Yoga exercises, the Buddhist 5-step process “Feeding Your Demons”, creativity, stillness and nature. The goal of the work is to gain access to those bound energies and to transform the resistance back into a life force which is supporting us – from the “Demon” into the “Aly”.

## Karuna Haus



We provide space for in-depth courses on yoga, meditation and spiritual development. Seminars are usually led by internationally well known teachers and therapists. As a guest you will feel welcome in a trustworthy atmosphere. An oasis of peace and relaxation. Our wholesome, regional, organic and vegetarian food will help you to recharge your batteries and connect with beauty.

Karuna Haus is located in Toggenburg close to nature at the foot of the Säntis at 1068 meters above sea level with a view of the Churfirsten. There are many possibilities for outdoor activities both in the summer

and the winter. An encounter with humans, animals, nature and especially yourself and the true nature that lives in everything. “OM SHANTI – SHANTI – SHANTI” May all living things experience true happiness, true peace and true harmony!

<https://www.karunahaus.ch/welcome.html>

## About the Teachers

### Nicole Spencer



I am a Registered Yoga Teacher (RYT) with Yoga Alliance, certified to teach Hatha, Yin and Ayurvedic Yoga. I am also a certified Yoga of Recovery (YOR) Counselor. YOR is a program that combines the power of Yoga, Ayurveda and 12 Step Programs to provide those challenged with self-destructive behaviors with a holistic approach to recovery. All of my teachings are focused on slowing down, connecting the mind to the body and releasing built up emotions and stress that are held in the body. – In addition to teaching yoga I am also a Co-Active Professional Life Coach, helping my clients to transform their lives and overcome obstacles that are holding them back from true fulfillment. In all of my work I use pure essential oils which support emotional balance and can be effective in processing and eliminating limiting beliefs and negative emotions.

[www.yogaherz.ch](http://www.yogaherz.ch)  
[www.savalive.com](http://www.savalive.com)

### Annalis Prendina

I have trained as Cranial Practitioner, Trauma-Healer and Coach and I have been working in my own office since 1996. Through all these years of clinical practice I'm bringing in quite a wide range of experience in working with emotions. In 2002 I got involved in healing and peace work in after war Bosnia by teaching and building a center for Trauma-Healing for almost 10 years. I gave over a thousand sessions to severely suffering people.

Since the late seventies I have built a strong foundation in mindfulness practices and since 2008 I have been authorized to teach Buddhism and "Feeding Your Demons" by Lama Tsultrim Allione (USA).

[www.supervisionzürich.com](http://www.supervisionzürich.com)  
[www.craniosacralzürich.com](http://www.craniosacralzürich.com)



# Welcome !



**Registration Form**  
**Transforming Emotions Weekend Workshop**  
**2<sup>nd</sup> -4<sup>th</sup> November 2018**

<b>First Name:</b>	
<b>Last Name:</b>	
<b>Contact Phone Number:</b>	
<b>Email:</b>	
<b>Health / Medical condition we should know about</b>	
<b>Physical injuries / restrictions that we should be aware of for yoga practices</b>	
<b>Diet restrictions / preferences / allergies (vegetarian, vegan, wheat, etc.)</b>	

**PAYMENT**

Registration and payment of the Seminar fee of SFR 250.- is due before 15<sup>th</sup> October 2018. The seminar fee is nonrefundable after the 15<sup>th</sup> October\*. Payment can be made by PAYPAL or funds transfer.

**PAYPAL Payment Information**

info@yogaherz.ch  
MERCHANT ID: 9D4ASNJ2HXNA2

**FUNDS TRANSFER Information**

IBAN: CH09 0900 0000 8990 4952 8  
Bank: Postfinance  
Account: KIG Back2balance  
Mainaustrasse 12  
8008 Zurich  
Account Number: 89-904952-8

**ACCOMODATIONS**

You will book your accommodations directly with Karuna Haus. [www.karunahaus.ch](http://www.karunahaus.ch)

Please complete this form and send it back to [Nicole@yogaherz.ch](mailto:Nicole@yogaherz.ch)

\*Note: In certain special cases, if you need to cancel after the 15<sup>th</sup> October, we can transfer part of the registration fee to a future retreat or workshop.

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