



HAPPY HOUR DROP IN MEDITATION, APPLIED THEATER AND AYURVEDA CLASSES

FALL 2019 SERIES

Location: Atomica Place at 1905 10th Street, Sarasota FL 34236

Time: 5:30-6:30 pm

Price: \$11 suggested donation. Limited to 10 students per class.

Reserve your spot at <http://atomica-arts.com/events/>

Week 1- Introduction

Meditation Monday-8/26/19- Meditation: the what, why and how

Applied Theater Tuesday-8/27/19- We are all actors!

Ayurvedic Wisdom Wednesday-8/28/19 Ayurveda: The Science of Life

Week 2- Stress Management

Meditation Monday-09/02/19- The antidote to stress

Applied Theater Tuesday-09/03/19- Derailing real life tragedies with imagination

Ayurvedic Wisdom Wednesday-09/04/19- The senses and stress

Week 3- The art of being you

Meditation Monday-09/09/19- The layers of life

Applied Theater Tuesday-09/10/19- Becoming Picasso

Ayurvedic Wisdom Wednesday-09/11/19- Prakriti & Vikriti

Week 4- Our Journey

Meditation Monday-09/16/19- The software of the Soul

Applied Theater Tuesday-09/17/19- The roles we play in life

Ayurvedic Wisdom Wednesday-09/18/19- Karma and Dharma

Week 5- Practicalities

Meditation Monday-09/23/19- Perfecting your meditation practice

Applied Theater Tuesday-09/24/19- The actor's workout

Ayurvedic Wisdom Wednesday-09/25/19- Daily and Seasonal Ayurvedic Routines

Week 6- The sense of Hearing

Meditation Monday-09/30/19- Mantras and chants

Applied Theater Tuesday-10/01/19- Listening to what we hear

Ayurvedic Wisdom Wednesday-10/02/19- The Ether Element in Ayurveda

Week 7- The sense of Touch

Meditation Monday-10/07/19- Feeling the breath

Applied Theater Tuesday-10/08/19- Feeling what we touch

Ayurvedic Wisdom Wednesday-10/09/19- The Air Element in Ayurveda

Week 8- The sense of Sight

Meditation Monday-10/14/19- Our mind's eye

Applied Theater Tuesday-10/15/19- Seeing what we look at

Ayurvedic Wisdom Wednesday-10/16/19- The Fire Element in Ayurveda

Week 9- The sense of Taste

Meditation Monday-10/21/19- Food for non-thought

Applied Theater Tuesday-10/22/19- Be like water

Ayurvedic Wisdom Wednesday-10/23/19- The Water Element in Ayurveda

Week 10- The sense of Smell

Meditation Monday-10/28/19- Grounding meditations

Applied Theater Tuesday-10/29/19- The memory of the senses

Ayurvedic Wisdom Wednesday-10/30/19- The Earth Element in Ayurveda