

ENERGETICS

ENERGY, BREATH & SELF-HEALING SESSIONS WITH SHAWN CORNELISON

Shawn teaches classes that are focused on breath and functional movement of the body. His classes are geared toward students who want to explore the inner spaces of the body and mind. They are challenging and physical but very accessible at the same time. He uses his knowledge of meridians, yin yoga, therapeutic yoga, and fascination with yoga's rich history to create classes which are informative and allow students to move in ways that support their unique structure.

Workshops/Classes for Shawn during Retreat -

- **Vinyasa w/ Shawn, Richard, & Joseph**
Friday 6:30 - 8 pm & Sunday 7 - 8:30 pm
Active & Challenging Vinyasa Flow - all levels
- **Crystal Healing w/ Shawn & Richard**
Saturday 4:00 -5:00 pm
Plant 'energetic seeds' to fulfill your personal intentions in this simple restorative yoga class that combines the use of gemstones and hands-on energy healing.
- **Restorative Yoga w/ Shawn, Richard, & Joseph**
Saturday 6 pm-8 pm
Students will experience profound states of inner calm while being bathed in sounds of live didgeridoo and hands-on nurturing touch.
- **Breath & Self Healing w/ Shawn**
Saturday 3 pm-4 pm
Specific focus on breath and functional movement to explore the inner spaces of the body and mind to start the healing process.
- **Active & Passive Yin w/ Richard, Shawn, & Joseph**
Sunday 4:30- 6:30 pm
Accompanied by the sounds of live Didgeridoo this class will combine the experience of actively holding yoga postures followed by moving into a gentle posture that allows for deeper physical release.

Private Session Appointment Times -

Saturday

9:45-10:45 am
11 am-12 pm
12:45-1:45 pm
2-3 pm

Sunday

9:45-10:45 am
11 am-12 pm
1:30 -2:30pm

stand-alone price - \$75/session

All-inclusive attendee discount - \$65/session



to schedule an appt. with Shawn,
call or text 617-610-8683

opendoorsyogastudios.com/therapeutic-yoga

