

*Please wear comfortable clothing appropriate for the workshops you will be taking.*

## Session I 1-2:15 pm

### **Tai Chi, with Ithaca members of the Taoist Chi Society of the USA**

Taoist Tai Chi is a health-oriented form of this ancient martial art. Practice of this Tai Chi form brings physical and emotional benefits to people of all ages and health conditions. This workshop will explain and demonstrate Taoist Tai Chi principles, and participants will learn some of the basic movements, which can be done standing or seated.

### **Aromatherapy with Kash Irragi**

This form of alternative medicine uses volatile plant materials, known as essential oils, and similar aromatic compounds from plants, for the purpose of improving a person's mood, cognitive function, or health. We'll use pure essential oils to create wonderfully fragrant green cleaning and simple body care products to take home.

### **Writing the Body: a writing and sharing workshop with Zee Zahava.**

We will simply tune into our bodies and write intuitively. You don't have to identify as "A Writer" to get a lot out of this experience. Bring your open mind and your open heart, and see what comes up for you. Zee Zahava has been offering writing workshops for teens and adults in her downtown studio since 1994. This year she is the Tompkins County Poet Laureate.

## Session II 2:30-3:45

### **Laughter Yoga with Sharon Nelson**

Have you ever laughed because you heard somebody else laugh? Laughter Yoga is a form of exercise that incorporates breathing and laughter exercises. Laughter Yoga is not joke telling or comedy or yoga poses on a mat. Participants are guided through a warm up, breathing routines and intentional, focused laughter exercises. Laughter is very contagious. Laughter reduces stress and pain, strengthens the immune system and promotes a general sense of wellbeing.

### **Inner Kid Play with Camilla Schade**

Encourage your inner child to come out and play via non-competitive theater games. Explore the spontaneous reactions and creative imagination of that kid/adult we tend to forget. More fun than you would ever think!

### **Let's Sing with Jayne Demakos**

We will sing songs and listen to meditative harp instrumentals to nourish the body, mind and soul.

## Fun in the Bistro 3:45- 5 pm

# Registration Form

Please send completed form to:  
Cancer Resource Center  
Attn: Fran Manzella  
612 W. State St.  
Ithaca, NY 14850

**In order to schedule your spa treatment, please indicate your 3 workshop choices in order of preference for EACH time period in the space provided.**

11:00a.m. -12p.m. Spa appointments  
11:30-12:00 p.m. Check-in/welcome  
12-12:45 p.m. Lunch  
12:45-3:45 p.m. Spa Appointments  
1:00 p.m.-2:15 p.m. SESSION I  
\_\_\_\_ Tai Chi  
\_\_\_\_ Aromatherapy  
\_\_\_\_ Writing Workshop  
2:30-3:45 p.m. SESSION II  
\_\_\_\_ Laughter Yoga  
\_\_\_\_ Imagination Expression  
\_\_\_\_ Let's Sing  
3:45-5:00 p.m. Fun in the Bistro  
Wine & cheese bar opens.

My **first** and **second** spa treatment choices are:

\_\_\_\_ Facial    \_\_\_\_ Massage  
\_\_\_\_ Reflexology

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

\$30 fee includes everything!  
Needs-based fee waivers are available.  
Please contact Fran at  
607-277-0960 or [fran@crcfl.net](mailto:fran@crcfl.net)

Please mark the appropriate selections:

\_\_\_\_ My check is enclosed.  
\_\_\_\_ I cannot attend, but enclosed a donation to sponsor a participant.

\_\_\_\_ I am paying \$ \_\_\_\_\_ with:  
MC, Visa, Amex, or Discover (circle)

Credit card #: \_\_\_\_\_

Security Code: \_\_\_ \_\_\_ \_\_\_ Exp. Date: \_\_\_\_\_

Billing address  
(only if different from above):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_ I need a fee waiver.  
\_\_\_\_ My special dietary needs are:

\_\_\_\_\_

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**Registration deadline is  
Friday, April 21st**

Space is limited. Please register early!