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Organizer: Education At Elevation (E@E)



[www.EducationAtElevation.org](http://www.EducationAtElevation.org)

13110 NE 177<sup>th</sup> Pl, #188, Woodinville, WA 98072. E@E is a Federal 501 c(3) tax exempt organization.

## **Tibetan Meditation Mothers' Day Weekend**

Education At Elevation is hosting a day of *Education, Exploration, Exercise and Relaxation* for the local communities.

All the proceeds will go to providing education, food, shelter, shoes for impoverished kids in a remote nomad village, as well as scholarship for young Tibetan women at eastern Tibet.

### **Program Highlights**

Tibetan Opening Prayer & Meditation 10 am

Tibetan and Indian Lunch 11:45 am

Tibetan Slideshow 12:05 pm

Tibetan Dance & Song 12:30 pm

Chair Massage (*pampering time!*) 1 to 3 pm

### **Ticket Information**

\$20 admission ticket come with 10 vouchers.

Additional vouchers are available. \$20 for a set of 10 vouchers.

Classes: 4 vouchers per class

Child care (while parents attending classes): 3 vouchers per kid for entire event day

Child care & kid lunch: 4 vouchers

Lunch: 1 to 4 vouchers

Flower: 2 vouchers

All unused vouchers cannot be refunded.

## Highlights of Guest Speakers & Teachers

### *Culture*

#### **Tibet: Land and People 11 am**

Daniel Winkler, M. Sc.

Mushroom expert and environmental consultant Daniel Winkler, M.Sc., is fascinated by mushrooms and their ecology. He grew up collecting wild mushrooms in the Bavarian Alps with his family, and has expanded his knowledge of fungi by researching the role of mushrooms in Tibet, where they are rural Tibet's main source of cash income. He organizes mushroom tours, collects and photographs mushrooms in North and South America, as well as all over Europe and Asia. Daniel lives with his family in Kirkland, WA, and is a frequent lecturer at mushroom festivals and other mycological events. Daniel will share his experience traveling deep into remote parts in Tibet, sharing beautiful photos of the land, mountains and the people. [www.mushrooming.com](http://www.mushrooming.com)

#### **King Gesar Epic, Pre-Buddhist Tibetan Mythology 2 pm**

Allison Stieger, M.A.

Tibet is well known as the home of Tibetan Buddhism, but Tibet also has a rich mythic tradition that reaches beyond Tibetan Buddhism. In this class we will talk about Tibetan mythology including their earlier tradition of animism, the Tibetan Book of the Dead, and the epic of King Ge-sar, whose story begins in Tibet but whose influence has spread across China and into Mongolia and beyond.

Allison Stieger is a mythologist, speaker, management consultant and corporate storyshaper. She holds an M.A. in Mythological Studies in Depth Psychology from Pacifica Graduate Institute, Founder of Mythic Stories Consulting., she speaks and consults with corporations and organizations who want to craft the story they are presenting to the world, both internally and externally. [www.mythicstories.com](http://www.mythicstories.com)  
[www.mythicstoriesconsulting.com](http://www.mythicstoriesconsulting.com)

4 vouchers to attend each class.

Program	Main Hall	Blue Room	Green Room	Orange Room	Kids' Room
10:00 am	<b>Opening Blessing</b> by Khenpo Jampa Rinpoche				
10:15 am	<b>The Art of Practicing Tibetan meditation</b> by Khenpo Jampa Rinpoche				Kid arts
11:00 am		<b>How to Bring Out the Best in Yourself</b> by Brian Baker	<b>Tibet: Land and People</b> by Daniel Winkler	<b>Yoga</b>	<b>Kids Yoga</b> by Macy Ratliff
12 noon	The Magic of Tibet by Daniel Winkler M. Sc.  E@E video  Tibetan Dance by children from Tibetan Culture & Language School	No class between 12 noon and 1 pm. Lunch is available for purchase using vouchers (1 to 4)			
12:30pm					
1:00 pm	Chair Massage 1-3pm	<b>Stress Management &amp; Wellness</b> by Dr. Morgan Binnie	<b>Relieving Pain &amp; Tension – Heskiers method</b> by Martin Heskier	<b>Yoga Safety Tips</b> by Patti Shelton, MD	Arts/ Games
2:00 pm		<b>Holistic Nutrition &amp; Naturopathic Health</b> by Dr. Brooke Weitz	Pre-Buddhist Tibetan Mythology- <b>King Gesar</b> by Allison Stieger	<b>Yoga</b>	Movie
3:00 pm		<b>Maps &amp; Hacks for the journey of life</b> by Ngina Shulman		<b>Sound Bath Healing</b> by Dawn Little Torres	Games

## Yoga

## Meditation

### **Yoga Safety Tips 1 pm**

Patti Shelton, MD.

What are the Top 5 Yoga safety tips? Patti Shelton, MD. has a bachelor's degree in neurobiology and an MD from UW. The fun of dealing with insurance companies convinced Patti she could find better ways to help heal people. Patti is the author for 'The Yoga Doctor'. It is important to understand the body's structure to ensure that your yoga practice only heals and never harms. In this workshop, Dr. Patti will reveal the top 5 ways you can keep yourself safe and healthy as you practice or protect your students as you teach. She will also reveal what small changes you can make now that will help keep you moving pain-free for life. [www.pattisheltonmd.com](http://www.pattisheltonmd.com)

### **Kids' Yoga for kids 5 – 10 11 am**

Macy Ratliff

Hello! Come join in a fun introduction to yoga taught through asana, games, creative movement and play! Mats will be provided or bring your own.

Macy brings her extensive background and research in the field of education along with her passion for yoga and mindfulness to these vibrant child focused classes!

Feel free to contact before if you have any child specific questions.

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

### **Yoga (for adults), 11 am** Dr. Patti. Shelton

**Yoga (for adults), 2 pm** Christine Yang. Christine has attended both Beginning and Advanced class workshops with senior teachers: Jason Winn, Lynn Whitlow, Esak Garcia, Craig Villani, and Brandy Lyn, the 2010 International Yoga Asana Championship winner. She also studied with Rajashree (Bikram's wife) and Emmy Cleaves (Bikram's most senior teacher) at their annual Women's Retreat in the fall of 2010 and received her re-certification.

### **Tibetan Blessing Prayer & The Art of Practicing Tibetan Meditation 10 am**

Khenpo Jampa Rinpoche

We are honor to have Venerable Khenpo Jampa Rinpoche, Abbot of Sakya Monastery in Seattle teaching at the event.

Khenpo Jampa Rinpoche came from Dzongsar Institute in North India, where he taught and served as library director for many years. He received his Degree of Acharya after nine years of study and graduated from Dzongsar University with a Ph. D. in philosophy. Following his 13 years of study, he was ordained as an Abbott (Khenpo) in 2004 by His Holiness the Dalai Lama. He spent seventeen years studying with his main teacher, H.E. Khenchen Kunga Wangchuk. He also spent three years of silent retreat in Tibet. He now teaches intermediate and advanced level classes on Buddhist philosophy, sutra and highest yoga tantra all over the world. He is also the founder and president of Tibetan Education Foundation, as well as the president of the International Association of Non-sectarian Tibetan Religious Traditions (IANTRT) of North America.

### **Sound Bath Healing 3 pm**

Dawn Little Torres

The healing benefits of sound are numerous and affect all levels of our being, body, mind and spirit. The high vibrations of the crystal and Tibetan singing bowls, large gong and various healing sound tools, raise the vibrations of all the cells and tissues in the body, releasing stress, tension, discomfort and energy blockages that can cause us to feel anxious, heavy, sluggish, sad, worried, hopeless or depressed. Sound Healing is a wonderful, gentle, feel good way to come into balance and leave feeling blissed and blessed.

[www.facebook.com/dawn.l.torres](http://www.facebook.com/dawn.l.torres)

### **How to Bring Out the Best in Yourself 11 am**

Brian Baker

Brian has trained leaders in business, entertainment, politics and professional sports including multiple Super Bowl Champions. There are 3 vital areas for not only fitness, but also health are Exercise, Nutrition, and Mindset. People often address exercise and nutrition but completely neglect mindset and the effect it has on your ability to follow through with your plans. He will also discuss the 7 habits of effective workouts and how you can apply these habits to ensure your success inside and outside of the gym.

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

### **Stress Less, Live More 1 pm**

Dr. Morgan Binnie

Feeling stressed? More than 75% of people say regularly experience physical symptoms of stress and nearly 50% say their stress has increased in the last 5 years. When stress is in charge, we are unable to be at our best. Dr. Morgan Binnie will talk about ways that we can relieve and manage stress. She will cover physical and emotional wellness management.

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

### **Relieving Pain & Tension – Heskiers Method 1 pm**

Martin Heskier

Martin Heskier is the inventor and designer of Heskiers OneTool and the Heskiers Method. The one tool is unique acupressure and massage tool, along with original treatment methods for its use. It is an ergonomic massage, acupressure and myofascial release tool, promoting the flow of the interstitial fluid for use by professional bodyworkers and sports teams to help increase performance, enhance daily recovery, treat sports injuries, pain and relieve tension. It is also easy to use as a self treatment tool by athletes and health-conscious people everywhere!

<https://heskiers.com/pages/heskiers-academy>

### **Holistic Nutrition & Naturapathic Health 2 pm**

Dr. Brooke Weitz

Dr. Weitz combines the science-based methods for evaluation and treatment along with the wisdom and efficacy of alternative modalities. Naturopathic medicine emphasizes optimal health through prevention and treatment using conventional and traditional methods. The aim of the medicine is not only to prevent and treat acute and chronic conditions but to do so while minimizing harm. Naturopathic Doctors (NDs) are extensively trained in diagnosis through assessing the whole person physically, emotionally, and environmentally. NDs gather information including labs, diet, lifestyle, supplementation, family/environmental/social history in order to design a research-based, personalized treatment plan. The goal of the Naturopathic Physician is to remove obstacles from cure and support the body's natural ability to heal.

[naturopathic@proclub.com](mailto:naturopathic@proclub.com)

### **Maps and Hacks for the journey of life 3 pm**

Ngina Shulman, M. A.c.

Traditional 5 Element acupuncture, a holistic medicine used in many parts of the world and is widespread in modern-day suggests that nature has a lot to teach us about the health of our body, mind, and spirit. Learn the nature flow of the seasons and how you can use the lessons of nature to grow and move through life with ease.

Ngina Shulman is the creator of the Move, Grow, Play, Thrive Life Coaching program. She has an extensive background in energetic and healing modalities. Ngina holds a Master of Arts from Dartmouth College, a Master of Acupuncture degree from the Traditional Acupuncture Institute, and additional course work in Life Coaching, Zero Balancing, Meditation, Nutrition, and Aromatherapy.

[wholehealthprojecteastside.com](http://wholehealthprojecteastside.com)