

First International Centered Yoga Convention 2012

The CYC is a celebration of the 70th birthday of internationally known
Dona Holleman
and presents on this occasion some of her students as teachers.

Location: CASA CULTURA, Soiano del Lago, BS 25080, Italy.

Organizers: Dona Holleman | Barbara Schmücking | Francesca Petrilli |
Klaus Busch

Teachers: Dona Holleman | Renato Turla | Klaus Busch | Revital Prisler |
Monica Zonca | Christiane Busch | Johanna van der Schaft |
Barbara Schmücking | Tina Havers

Presenters: Marlies Kamps | Mario | Laura



Centered Yoga Convention:

February Friday 24/Saturday 25

February 24th 2012

Friday 24

- 09:00 – 09:30 Registration for the CYC
- 09:30 – 09:45 Welcome to the CYC with Dona
- 09:45 – 10:00 Presentation of the Vital Principles of Centered Yoga
(Dona on the piano (?))
- 10:00 – 11:00 Dynamics of Change with Johanna
- 10:00 – 11:00 Yoga ...BE... with Barbara
- 10:00 – 11:00 Enjoying space with Klaus
- 11:00 – 12:00 Sequencings with Monica
- 11:00 – 13:00 Backbends with Revital

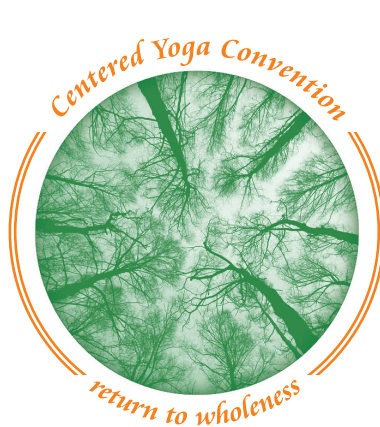
Friday 24

- 14:30 – 15:30 Forum with Dona and Renato: Q/A
- 15:30 – 16:00 Coffee with Christian the local pastry wizard:
Catching up with old and new friends
- 16:00 – 16:30 Presentation of the Vital Principles in dance with Tina
- 16:30 – 17:00 Meditation and Savasana with Christiane
- 19:00 Dinner at Monastero (€20, not included in the registration fee).
If you wish to join it is obligatory to sign up for the dinner when
you register.



February 25th 2012

- Saturday 25** 09:00 – 09:30 Show with Dona's horses Cisco, Suzy and Julius and trainer Mario (weather permitting)
Alternative: EquiYoga with Dona: the position and use of the pelvis in yoga and riding
- 10:00 – 11:00 Sequencings with Monica
10:00 – 11:00 Harmony in Movement with Renato
11:00 – 12:00 Contemporary dance with Tina
12:00 – 12:30 Horses help people - People help horses (Epona Foundation) with Marlies
- Saturday 25** 14:00 – 15:00 Change of Dynamics with Johanna
14:00 – 15:00 Inversions with Klaus and Barbara
15:00 – 17:00 Yoga with Revital: Surprise!
15:30 – 16:00 Meditation and Savasana with Christiane
- 16:00 Announcement of and registration for the next Centered Yoga Teacher training course with Dona, Klaus and Barbara in Soiano del Lago
- 18:00 – 21:00 Happy trails to you ... > **PARTYTIME** <
Line dancing with Laura



REGISTRATION FORM CENTERED YOGA CONVENTION 2012
Soiano del Lago – Italy

Name:

Address:

Zip-code:

Town:

Country:

E-Mail:

Tel./Fax nr.:

Referral data:

Purpose: CYC2012 - Name, First name

Bank: Banca di Bedizzole-T. Valvestino, Credito Cooperativo,
Filiale Soiano del Lago

IBAN: IT66 D083 7964 7200 0000 0302 355

BIC: ICRAITMMAJ0

In the name of: Marijke Titia Holleman

Via Sottomonte, 14

Soiano del Lago (BS) 25080 - Italy

Please mark:

- I register for the Pre-convention February Tuesday 21/Wednesday 22 and pay cash for these two days (90,00 EUR)
- I register for the Centered Yoga Convention February Friday 24/Saturday 25
- 175,00 EUR - I transfer the fee before December 7th 2011 with the referral data:
- 190,00 EUR - I transfer the fee after December 7th 2011 with the referral data.
- I will be attending the dinner at Monastero on February Friday 24 19:00 o'clock. I pay directly at the restaurant.

Date: **Signature:**

CONDITONS FOR PARTICIPATION

Contact: Francesca | Barbara | Klaus
cyc@donaholleman.com
www.donaholleman.com



**CONDITONS FOR PARTICIPATION
CENTERED YOGA CONVENTION 2012**

Soiano del Lago – Italy

You are only registered when we have received your payment and registration form. You will receive confirmation of your registration. Cancellation with complete refund, after deduction of 50,00 EUR administration costs, is only possible until 20.01.2012. After this date there will be no refund.

The pre-convention is paid in cash on arrival.

The referral data for the Centered Yoga Convention is:

Purpose: CYC2012 - Name, First name
Bank: Banca di Bedizzole-T. Valvestino, Credito Cooperativo,
Filiale Soiano del Lago
IBAN: IT66 D083 7964 7200 0000 0302 355
BIC: ICRAITMMAJ0
In the name of: Marijke Titia Holleman
Via Sottomonte, 14
Soiano del Lago (BS) 25080 - Italy

If a receipt is required you can ask for it at the beginning of the convention.
No receipt is given for the pre-convention.

Please bring your yoga mat, blanket and blindfold.

The events are in CASA CULTURA in Soiano del Lago. The various courses take place in different rooms.
For organizational reasons please choose the specific courses that you wish to attend in the beginning of the CYC.

There are many bed and breakfast places in and around Soiano where you can book accomodation.
Your accomodation is not included in the participation fee.

Here are some addresses: <http://www.ilghetto.it/>
<http://www.residencesanrocco.it/>
<http://www.monastero.it/>
<http://www.hotelportadelsole.it/>
[http://www.ramada.com/Ramada/control/Booking/
info@ramadalakegarda.it](http://www.ramada.com/Ramada/control/Booking/info@ramadalakegarda.it)

On arrival you will be given a street map of Soiano with the relevant places to go.
For further information please contact Francesca, Barbara or Klaus by e-mail (cyc@donaholleman.com).