

*Come fight the winter blues!*



*Health and Wellness:*

*Healthy Mind, Healthy Body. Increase Productivity and Decrease Stress!*

*January 7, 2010*



**When:** Thursday, January 7, 2010 6:00-8:30pm

**Who:** AWSCPA Members

**What:** 1 hour 30 minute session to a healthier mind and body. Healthy Mind: learn to decrease stress with simple relaxation techniques and how to wind down effectively at the end of the day. Healthy Body: learn why we crave sugar and how to satisfy that craving in a healthy, natural way.

**Where:** ITOCHU International Inc. 335 Madison Avenue and 43<sup>rd</sup> Street

***Instructors:***

Lara Lauchheimer – Lara has been practicing and teaching yoga for over 10 years. She received her Vinyasa certification from Yoga Sutra. She has studied with and assisted a number of prominent teachers and visits India regularly to continue her education. Lara spent three months in Rwanda teaching yoga to HIV positive women and children and continues to bring yoga to challenged communities.

Joyce Kassouf – Joyce received her training to practice Health Counseling at the Institute for Integrative Nutrition. She specializes in weight loss and offers a holistic approach to nutrition, which means looking at how all areas of your life are connected in order to improve health and happiness.

If you have any questions related to the event, please contact Angela Liu [Aliu@liquidnet.com](mailto:Aliu@liquidnet.com) or Melissa Rosenberg [Melissa.Rosenberg@itochu.com](mailto:Melissa.Rosenberg@itochu.com)

To RSVP, contact our director of programs, Tracie Sultan at [awscpany@gmail.com](mailto:awscpany@gmail.com) to be added to Evite

If you are not already an AWSCPA member, please join us at: <http://www.awscpa.org/nyc/>

***Background on the instructors:***

**Lara Lauchheimer** was first exposed to yoga at Boston University where she received her BFA in theater studies. She quickly developed an affinity for this practice and was hooked when she discovered the Ashtanga style. Lara received her Vinyasa certification from Yoga Sutra. She has studied with and assisted a number of prominent teachers including Andrea Matura, Christopher Hildebrandt, and Zoe Slatoff. Lara is about to embark on her fourth trip to Mysore, India where she practices daily at the Sri. K. Pattabhi Jois Ashtanga Yoga Institute under R. Sharath, and Saraswathi. She will also continue her studies in yoga chanting and philosophy with teacher Acharye Hema. Lara spent three months in Rwanda teaching yoga to HIV positive women and children. She continues to bring yoga to challenged communities, most recently with her commitment to the non-profit Bent On Learning. Lara takes great delight in watching the positive transformation yoga has on the lives around her.



**Joyce Kassouf** is a Certified Health Counselor and passionately works with individuals to improve their health and well-being. With a specialty in weight loss, Joyce helps her clients achieve their health goals by making small changes that have a big impact!

Joyce received her training at Integrative Nutrition in New York City. She is certified by the American Association of Drugless Practitioners, leads workshops on nutrition, and offers individual health and nutrition coaching. She also received her MBA from Harvard Business School and her BA from Columbia College.

