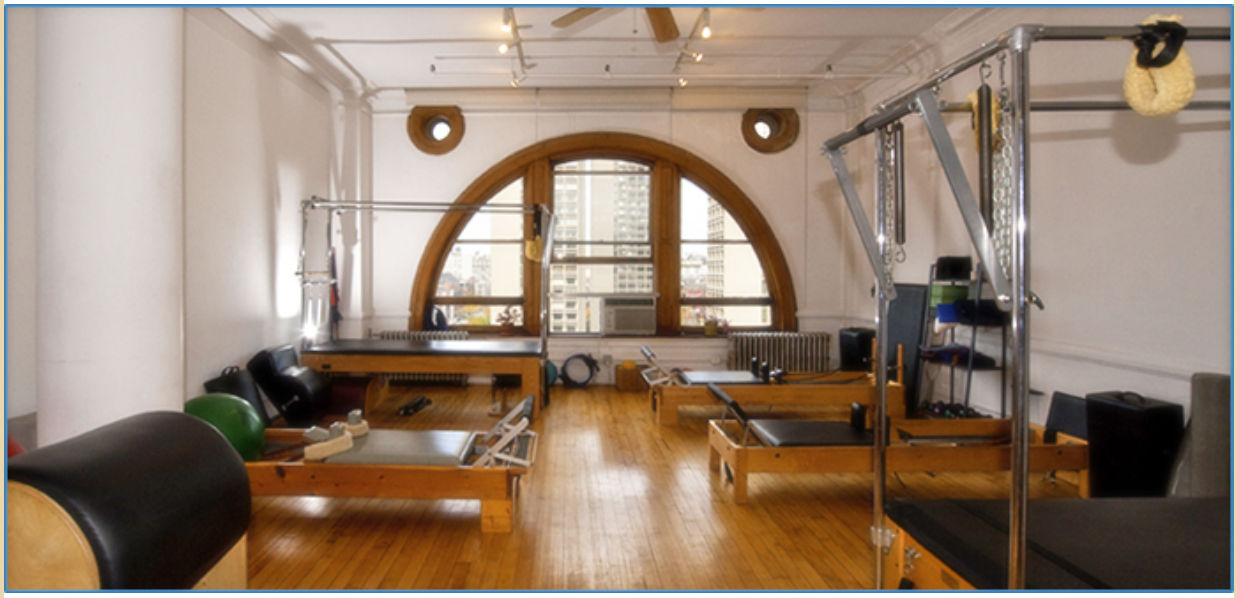
nohopilates 611 Broadway Suite 608 New York, NY 10012 | T: 212.677.9203



Hosted by Stephen Williams and NoHo Pilates Studio, NYC

Embracing Typology- Enhancing Your Pilates & Movement Practice

An introductory workshop for both teachers and students

with

Cary Twomey

Jungian Analyst, Ayurvedic Practitioner, Pilates & Yoga Teacher

Saturday, October 21st, 2017

1-5 PM

$200

NoHo Pilates Studio
611 Broadway Suite 608
New York, NY 10012

Private Appointments with Cary are Available
Details below

As teachers and students we go through structured training and forms of learning. These forms serve a purpose, but underneath is the larger reality of the Unconscious and what Carl Jung called Individuation-the essential journey toward Wholeness that each of us is taking whether we

are conscious of it or not. The process of Individuation is the unique unfolding of the person. If one can participate with it consciously it opens up enormous creativity and freedom to truly become oneself.

Framed by the Jungian model of Psychological Typology, this workshop will shed light on the structure of the Psyche and how it informs us as teachers and movers. Cary will introduce the physical and psychological maps that hold our unique processes of Individuation. Through these we will identify our own typology. We will touch on how to support the less developed aspects in ourselves, and why those untapped areas are so important in our own development and in relating to those we serve in our teaching and in our work.

Understanding the underlying Mandala of the individual nourishes our creativity and leads us to the discovery of the Self. In this workshop we will learn how knowledge of our typology and the typology of our students will enhance and improve our teaching and our own physical practices.

In this workshop we will explore:

- Jung's map of the psyche and how it pertains to you and those you teach, serve & work with.
- Ayurveda's ancient and time tested knowledge of physical constitution and why it is influencing everything we do.
- Why the individual is always more important than any system, and how we can support our own Individuation process more consciously.
- How to bring more of yourself into your Pilates practice, movement and teaching.
- Pilates & Movement as an individual creative process, not forms that must be strictly followed.
- How & why different psychological types and physical constitutions need to approach movement differently.

Registration has begun, space is limited.

To register contact:
Stephen Williams
nohostudio@yahoo.com
718-344-5971

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Private Appointments with Cary are Available:

Cary will be offering private consultations during her stay in NYC.
This includes:
Jungian/Dream Analysis, Ayurvedic Health consultations, Meditation or Movement sessions.
You are welcome to meet with her for any circumstance to have a session that is specifically for you,
even if you don't know exactly where to begin.

Sessions are $150 per hour

To schedule a personal appointment with Cary in NYC between Oct. 17-25th:
Call 646-246-3891
or
Email haymarketstudio@gmail.com

Cary Twomey is a former NYC professional Modern Dancer and Pilates teacher who co-founded NoHo Pilates Studio in NYC with Stephen Williams in 1998. Cary now resides in Lincoln, Nebraska where she is a Jungian Psychoanalyst and a Practitioner of Ayurvedic Medicine. She received a BFA in Dance & Choreography in 1991 and was part of the founding faculty for the Joffrey Ballet, New School University BFA program for professional Ballet Dancers. Cary received her Pilates training from Deborah Lesson at Green Street Studio in NYC, where she apprenticed and taught for 10 years as one of her first trained teachers. She studied Anatomy & Kinesiology with Irene Dowd for over a decade and spent the last 17 years under the direct tutelage of Jungian Analyst & Pilates Elder, Mary Bowen. She has been practicing and teaching Yoga and Pilates for 25 years. Alongside her individual work, Cary regularly teaches in Colorado and Nebraska leading group retreats on Meditation & Movement, Jungian Psychology and Ayurveda. She is a Mentor for Tara Mandala Retreat Center in Pagosa Springs, Colorado.
Cary and her husband Lee, are the founders of Haymarket Movement Studio and Utpala Dharma Center, where they have an established Pilates & Yoga Studio, Ayurvedic Healing Center and Jungian Psychotherapy
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practice in their home town of Lincoln, Nebraska.
Contact: haymarketstudio@gmail.com