

# Winter 2018 Women's Quarterly

**Nashed shares acceptance and  
open heartedness through yoga**  
*page 4*

**Create a personalized book  
for someone you love**  
*page 6*

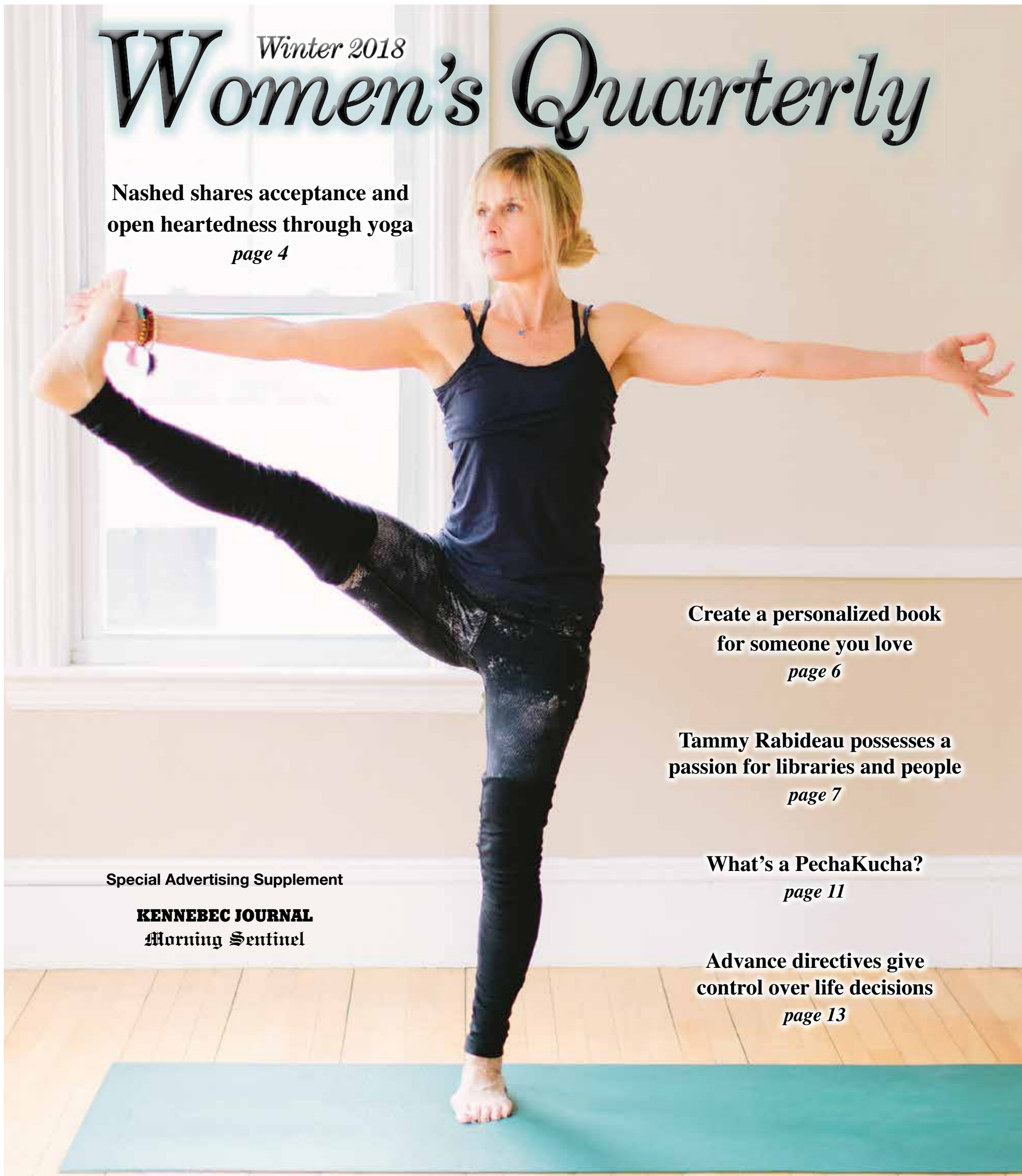
**Tammy Rabideau possesses a  
passion for libraries and people**  
*page 7*

**What's a PechaKucha?**  
*page 11*

**Advance directives give  
control over life decisions**  
*page 13*

Special Advertising Supplement

**KENNEBEC JOURNAL**  
*Morning Sentinel*



# Nashed shares acceptance and open heartedness through yoga

BY SUSAN VARNEY  
Correspondent

**K**im Nashed leads yoga classes that integrate the body, breath, a quiet mind and an open heart. Her classes create the environment and space for personal exploration through relaxation and focus. She offers several levels from experienced to beginners.

**Level 1: Yoga:** This class combines yoga poses, focus on breathing, and guidance in meditation. It is a holistic class that brings awareness to joining body, breathing, a quiet mind and an open heart, bringing a deep sense of balance.

**Foundations Yoga:** This class is a good entry point for beginners or anyone who wants to dive deeper into the basics of yoga. The physical practice of yoga along with the poses and their benefit to the body take center stage as practitioners move and breathe together.

**Multi-Level Yoga:** Students of varying levels of experience share in a rich yoga experience. There is not just one way to get the most out of yoga, this class creates space for a way that works for each individual. The focus is on doing what is right for your body.

Nashed provides yoga positions and stretching exercises and her partner, John Parsons, leads guided meditation. Both use counting while breathing in, out and holding breath in order to get in touch with the body. They do body scans, relaxation to quiet mind chatter, silent meditation, thoughtful observation with life-encouraging, life-affirming self acceptance and openness.

"It's about creating space and letting people have their own experience, without judgment," said Nashed, who loves sharing her knowledge of yoga.

"There is an open heartedness that is tangible in a gathered group because of the focus on relaxation and being in touch with your own body," Nashed said.

Nashed has taught staff and students at the Maine Children's Home on Silver Street, Waterville. She has done one-time classes for students at schools such as Fairfield High School and China Elementary. No special equipment is needed: China teachers provided towels for students to sit on, while the Fairfield students used exercise mats from the gym. They wore their regular school clothing.

Nashed leads ongoing classes at the Muskie Center in Waterville, at the Winslow High School Library for high school and junior high students and staff, and at Champions in Waterville. Call the facility to find out times and availability.

Nashed and Parsons have two upcoming international events in a few months.

First is Yoga and Meditation in Provence, France from June 9-16, 2018.

The second annual retreat in Provence includes an afternoon at the Cistercian Monastère de Segries, meditating in the elegant chambers and walking paths through fields of lavender at the foot of the French Alps. Seven nights, six days, approximately \$2,900. The package includes accommodations, daily yoga and meditation, most

"There is an open heartedness that is tangible in a gathered group because of the focus on relaxation and being in touch with your own body."

KIM NASHED, YOGA INSTRUCTOR



Susan Varney photos

Above, Kim Nashed leads a Yoga class. Left, Kim, a Yoga Alliance registered yoga teacher integrates the body, breath, a quiet mind and an open heart.

meals, French lessons and daily activities. It does not include airfare from the U.S. to Provence, but does include transport from southern Provence to Moustiers. A deposit is required.

Activities include:

- Explore shops, ceramics, architecture
- Picnic and explore of Gorge of Verdun
- Canoeing, sunning and swimming at Lake Verdun
- Tour of local goat cheese farm

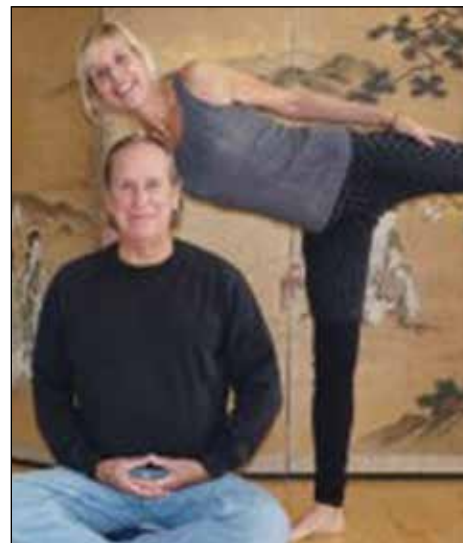
New this year is a Yoga and Meditation Retreat in Umbrian, Italy from May 19-26, 2018.

Join a small group of like-minded adventurers who share a love of yoga, meditation and exploration. The retreat will take participants deeply into heart, mind, body and soul with daily yoga and meditation. They will journey into the beautiful heart of Italy, exploring its people, the countryside dotted with medieval villages, as well as its cuisine.

The package price of \$2,900 includes private four-star accommodations, including private bathrooms, breakfast and lunch, transportation to and from the local train station, as well as all excursions. Deposit required. Kim and John will host two pre-retreat fiestas to get to know one another and plan events based upon group desires. Deadline for sign-ups is March 15.

Activities include:

- Explore Umbria's history visiting spiritual Assisi
- Roman ruins in Carsulae

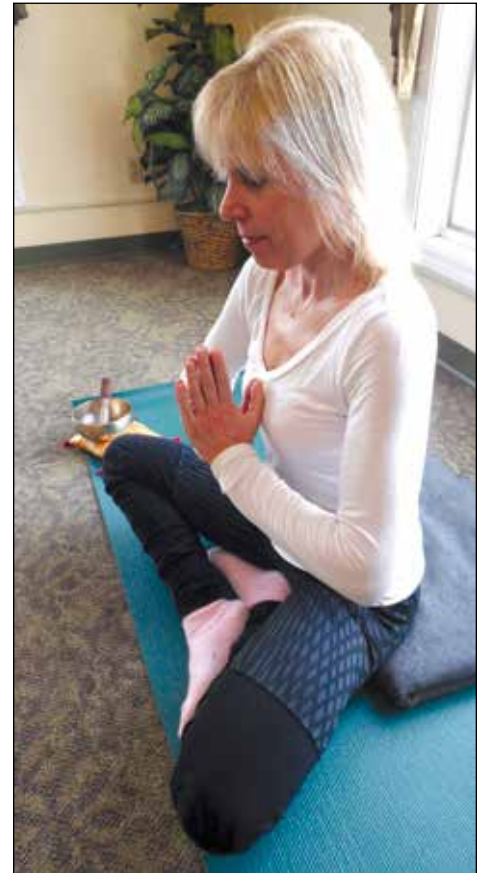


Contributed photo

Below, Kim Nashed and John Parsons are partners in life, and work. Long-term yogis and meditators, they have been working together for the past two years bringing yoga and meditation to Maine, the U.S. and internationally.

- Hiking Mount Torre Maggiore and other trails
- Tour vineyards in Orvieto
- Biking, relaxing poolside garden
- Cooking class by local host.

For more information: Kim Nashed, 649-9301, [kimnashedyoga@gmail.com](mailto:kimnashedyoga@gmail.com), [www.kimnashedyoga.com](http://www.kimnashedyoga.com) and John Parsons, [johnparsons.cu@gmail.com](mailto:johnparsons.cu@gmail.com).



## KIM NASHED'S TRAINING

**2011 - Hatha Yoga Certification, 200 hours**, by Earth Heart Yoga. Yoga as a physical practice, and Philosophy of Yoga.

**2012 - Yoga Immersion, 105 hours**, with Todd Norian and Ann Greene of Ashaya Yoga. Study of proper alignment, focused breathing, meditation, philosophy, tantra, anatomy, and the chakra system.

**2013 & 2015 - Ashtanga Yoga Training, 30 hours**, led by Beryl Bender Birch of The Hard and The Soft Yoga Institute. Sequencing of poses in the Ashtanga style.

**2015 - Advanced Standards Teacher Training, 380 hours**, by Yoga On York. A wide and thorough Yoga Teacher Certification was presented in this East meets West training. Hatha, Vinyasa Flow and Ashtanga Sequencing, Meditation, Pranayama, Shatkarmas, the Chakra System, Bandhas, Bhakti Yoga, Anatomy and Physiology, Philosophy and Ethics.

**2017 - Yoga Nidra Certification, 40 hours**, at ShivaShakti School of Yoga. Instruction in the deep, guided Meditation to prepare students— body and mind - to relax.

PLUS, countless workshops, retreats and classes!