Good Morning World @ Pacrim2015

I mean the whole thing about meditation and yoga is about connecting to the higher part of yourself, and then seeing that every living thing is connected in some way. —Gillian Anderson

Pacrim is proud to host two conference earlybird activities that engage your senses and heal your body to help you be more relaxed and energized, and have a renewed passion for life.

Meditation and Energy Fields with Rosa McAllister: 7:30 am Room 301B

About the Healer Rosa McAllister, M.Ed., A.T.P., R.M., L.M.T. is the co-founder of Networks for Training and Development, Inc. and on the faculty of Arcadia University. Additionally, Rosa has studied various styles of massage and energy/bodywork, is a licensed massage therapist, and is assisting Networks to further develop their holistic Practices.

Restorative Yoga with Erin Green: 7:30 am - 8:15 am Room 302A

About the Yoga Teacher Erin Green is a 200-hour RYT (registered yoga teacher), and completed her certification course with the Maha Yoga Institute (O’ahu, Hawai’i) in the summer of 2014. Since 2013 she has been a devoted practitioner of the Ashtanga vinyasa series, and owes her personal growth and self-development to this practice. She currently teaches yoga at the East-West Center and is also a project associate at the Center on Disability Studies, University of Hawai’i and can be found at Pacrim leading the charge on conference registration, signage and helping out where and when needed. She can be found on Facebook under the title “The Yogi Librarian"