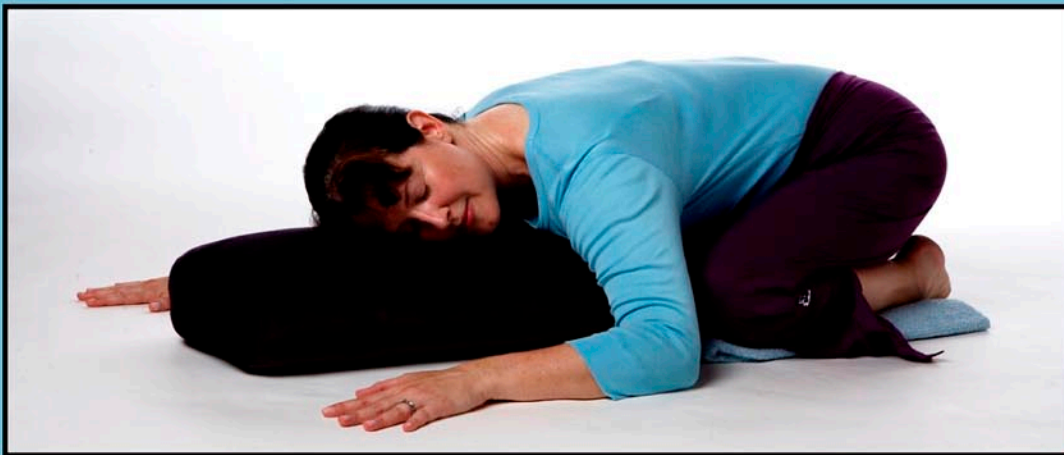


Therapeutic Yoga

with Cheri Clampett
and Heather Tiddens

live transformational music with Jack Lee



Therapeutic Yoga, as demonstrated in Cheri Clampett & Biff Mithoefer's *Therapeutic Yoga Kit*, is a carefully designed collection of restorative yoga (supported poses), gentle yoga, breath work, guided meditation, and hands-on healing. It is a perfect practice for anyone in the process of healing from injury/illness, or going through times of stress - physically, emotionally or mentally.

The practice of Therapeutic Yoga creates the ideal environment for deep healing, stress relief, and rejuvenation.

Sunday, February 8, 2009 • 1:30 - 4:00pm • \$45
followed by *Therapeutic Yoga Kit* book signing SPECIAL EVENT @ 7:00 pm



Tel: 805.965.6045

SANTA BARBARA YOGA CENTER™

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Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.