

Therapeutic Yoga

with Cheri Clampett



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, November 22, 2009 • 1:30 - 4:00pm • \$45



Tel: 805.965.6045

32 E. Micheltorena St.

www.santaBarbaraYogaCenter.com

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.