

Peace & Prosperity in challenging times

with
Barbara Rose Sherman

Live with gratitude, mindfulness, and joy in a world that is constantly changing. Enjoy a healing afternoon of De-Stressing with gentle restorative yoga, guided imagery and meditation. Receive ideas and inspiration for living a life of possibility and peace. No yoga experience is necessary, only the desire to experience the positive peaceful energy of your Self. Bring your family members and co-workers for a beautiful and beneficial workshop.

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude." - Denis Waitley

Sunday, February 22, 2009 • 1:00-3:30 PM • \$45



BARBARA ROSE SHERMAN, B.S. is a Registered Yoga Instructor (E-RYT 500) and the co-author of the college textbook on yoga, *Yoga for the Joy of It!!*, which will be released in March of 2009. She has taught Hatha and restorative yoga for 16 years and has facilitated numerous local yoga/meditation retreats as well as yoga retreats in Italy. Barbara creates a loving environment of transformation and healing, filled with wisdom and insight.

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