

# A JOYFUL EXPLORATION OF THE ROOTS AND LIMBS OF YOGA

with  
**Barbara Rose Sherman**

This weekend workshop will benefit the beginning and experienced yoga student. Deepen and enrich your yoga journey by gaining an understanding of this ancient and marvelous tradition. This workshop consists of one-quarter lecture and three-quarters yoga practice.

## LEARN & INTEGRATE FOUNDATIONAL INFORMATION ON:

- yoga breathing
- alignment in yoga postures
- meditation
- restorative yoga
- yoga philosophy
- physiological benefits and psychological benefits of yoga practice

**SATURDAY & SUNDAY, JUNE 6 & 7, 2009**  
**1:30-3:30 PM • \$60 FOR BOTH SESSIONS**

Suggested reading: *Yoga for the Joy of It !!* - available at SBYC

"Yoga is one of the greatest gifts you can give yourself and should be part of everyone's education. This book helps lay the foundation for a lifelong practice." - Ganga White, Author, *Yoga Beyond Belief--Insights to awaken and deepen your practice*



Barbara Rose Sherman, BS. is a Registered Yoga Instructor (E-RYT 500) and the co-author of the college textbook on yoga, *Yoga for the Joy of It !!*. 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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