

# Women's Health & Healing

*Create Beauty and Wellness from your Center*

with

**Barbara  
Rose Sherman**

Stress is a component of most every disease. Learn techniques that unburden your life, allowing you to improve your sleep, disposition, and vitality as you relieve fatigue, moodiness, anxiety, hormonal swings, and over-eating.

*This afternoon of healing restorative yoga and guided imagery is for every woman who desires radiant health, greater clarity of mind, brightness of being and connection to her inner Divine Spark.*

The yoga poses are practiced on the floor with support and no previous yoga experience necessary.

*When you do things from the soul,  
You feel a river moving in you, a joy. ~ Rumi*

**Sunday, March 29, 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.

*Testimonials from Barbara's workshops:*

"One of the best yoga experiences I've had. The practice was deep and profoundly beneficial." ~ S.C.

"The workshop was beautiful, pulling out every stress in my body." ~ L.W.

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[www.SantaBarbaraYogaCenter.com](http://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 hours notice.