

SHAKE UP YOUR SHAKTI: Spring into the Season with Energy

with
**Felicia
Tomasko**

**SUNDAY
APRIL 19th, 2009
1:00-4:00pm • \$40**

As the weather warms and the days get longer, spring is the time when our thoughts naturally turn to love of life! In this workshop, learn techniques from Yoga and Ayurveda to put some spring in your step and inspire love for yourself through **grooving with shakti**.

Our **shakti** is our creative power, our natural, innate energy. Just like watering the new flowers that emerge from the earth in the spring, we can cultivate this vital energy.

We will spend the afternoon in a combination of lecture, discussion and playful energizing practices to **shake up your shakti**.

FELICIA TOMASKO, RN has been an ongoing student of yoga since 1987 and of Ayurveda since 1993. She is a registered nurse, Ayurvedic practitioner and panchakarma therapist, as well as a yoga teacher, and the Editor-in-chief of LA YOGA Ayurveda and Health Magazine. Felicia is on the board of directors of the National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine and on the advisory board of the Holistic Option. Felicia weaves together the integrated traditions of Yoga and Ayurveda in her teaching and practice. She believes Ayurveda is the medicinal system that offers the greatest degree of self-empowerment for our own health, an empowerment she strives to communicate to others. Check out her Ayurveda blog at: www.ayurvedafordailylife.blogspot.com.



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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.