

THE POWER OF INTENTION AND PERSONAL RITUAL

JOIN

FELICIA TOMASKO



Ayurvedic Practitioner
& Editor of LA YOGA

&

DEBORAH DONOHUE



Writer
& Yoga Therapist

for an
afternoon
of Ayurveda,
Restorative Yoga
and Somatic
(Body Oriented)
Writing

SUNDAY, FEBRUARY 7TH & SATURDAY, MAY 22, 2010

1:00 - 4:00 PM

\$50.00 EACH

Three hours to retreat and set intentions to create a personal ritual for daily well-being. When we're in constant motion, we don't always have the time to go within, recharge, and set intentions and patterns for daily ritual. Through a restorative practice to calm the nervous system and open the channels of the body, combined with somatic writing to uncover our inner wisdom, and Ayurvedic techniques for ongoing health, we will set the intention to incorporate one ritual as habit daily.



SANTA BARBARA YOGA CENTER™

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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.