

STEP INTO THE SANCTUARY OF...

Therapeutic Yoga

INVITE PEACE INSIDE

RELEASE THE WORLD
RESTORE YOUR BODY
RELAX YOUR MIND

with Cheri Clampett



Join Cheri Clampett as she guides you into this blissful and revitalizing 2.5 hour workshop experience. The blend of supported poses, gentle yoga, breath awareness, and guided meditation will gently encourage your body to open and your mind to release. Hands-on healing and massage is provided by Cheri and her assistants. Live ambient music designed to take you deeper into the experience is played by Victor Borda. Come treat yourself to this deliciously restful practice and leave feeling completely renewed.

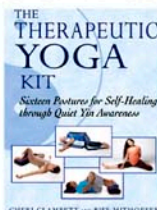
SUNDAY, NOVEMBER 21, 2010 • 1:30-4:00 PM • \$45



SANTA BARBARA YOGA CENTER™

32 E. Micheltorena St.
Tel: 805.965.6045
www.santabarbarayogacenter.com

Cheri is co-author of the Therapeutic Yoga Kit, published by Inner Traditions. It includes a book, cards with poses, and a guided practice CD. Cheri is also the founder and director of the Therapeutic Yoga Training Program.



Victor Borda specializes in ambient music. He follows the energy in the room, adding notes and waves like gentle whispers. His albums include *Slow Wave Journey* and *Angels In The Atmosphere*.