

Yin & Therapeutic Yoga



with Cheri Clampett

LIVE transformational music with Ellen Beckerman



Photography ©2009 Ciro Coelho/CiroCoelho.com

The workshop will begin with Yin Yoga, a quiet practice that encourages the body to open as poses are held passively for several minutes. *YIN YOGA* targets connective tissue and activates the movement of chi, or prana, in the body. Each pose is a mini meditation, a time to explore the body and the mind with deep awareness. The second half of the afternoon will feature Therapeutic Yoga.

Therapeutic Yoga, as demonstrated in Cheri Clampett & Biff Mithoefer's *Therapeutic Yoga Kit*, is a carefully designed collection of restorative yoga (supported poses), gentle yoga, breath work, guided meditation, and hands-on healing. It is a perfect practice for anyone in the process of healing from injury/illness, or going through times of stress - physically, emotionally or mentally.

The blending of the practices of Yin and Therapeutic Yoga creates the ideal environment for deep release, healing and rejuvenation.

Sunday, March 8, 2009 • 1:30 - 4:00pm • \$45



Tel: 805.965.6045

32 E. Micheltorena St.

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-hour notice.