

SUNDAY, JAN 15th, 2012, 1:30-4:00pm, \$45

Come Experience The Healing Benefits Of...

Therapeutic Yoga

with
Cheri Clampett



About Cheri therapeuticyoga.com
Cheri is the founder and director of the *Therapeutic Yoga Training Program*. Cheri is also co-author of *The Therapeutic Yoga Kit*.

About Victor victorborda.com
Victor improvises ambient music that matches the energy in the room, enhancing the yoga.



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RENEW

RESTORE

PEACE

BLISS

Join Cheri as she guides you through this relaxing and revitalizing 2.5 hour workshop experience. The soothing blend of

RESTORATIVE POSES

GENTLE YOGA

HANDS-ON HEALING

GUIDED MEDITATION

will gently encourage your body to open and your mind to release. Hands-on healing and massage are 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.