

Yin & Restorative Yoga



with Cheri Clampett



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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 Restorative Yoga.

RESTORATIVE YOGA, developed by B.K.S. Iyengar, is a series of poses which are supported through the use of bolsters, blankets and pillows. The body can be held in each pose without having to exert any effort, creating a deeply healing and meditative experience.

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

Sunday, Nov. 18, 2007 • 1:30 – 4:00pm • \$40



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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.