

How to

meditate

pray

heal

with **Barbara Rose Sherman**

Discover the Divine within. Enjoy an uplifting, transformational afternoon of meditation, pranayama (breath control) and prayer woven with gentle restorative yoga poses which open the body, clear the mind and free the Spirit allowing healing to flow. No previous yoga experience necessary, just the desire to experience radiant health, peace and joy. Come de-stress and deepen your connection to the Infinite.

meditate

Connect the little joy of the soul with the vast joy of the Spirit. - Paramahansa Yogananda

pray

Sincere prayer can work wonders. It is the intense longing of the soul for its even greater purity.
- Mahatma Gandhi

heal

My physical body is a temple of the living spirit which animates it, rebuilds it after the image of its own perfection, and keeps it in perfect, harmony and wholeness. - Ernest Holmes

Sunday, January 29, 2012 • 1:00-3:30 PM • \$45



BARBARA ROSE SHERMAN, B.S. is a Registered Yoga Instructor (E-500 RYT) and the co-author of *Yoga for the Joy of IT!*, a college textbook on yoga released in March 2009. She has taught Hatha and restorative yoga for 17 years and has facilitated numerous local yoga/meditation retreats as well as yoga retreats in Italy. Barbara creates a loving environment of transformation and healing, filled with wisdom and insight.

Testimonials from Barbara's workshops:

"One of the best yoga experiences I've had. The practice was deep and profoundly beneficial." - S.C.

"The workshop was beautiful, pulling out every stress in my body." - L.W.

805.965.6045

32 E. Micheltona St.

www.SantaBarbaraYogaCenter.com

