



Women's Health & Healing

Create Beauty and Wellness from your Center

with **Barbara Rose Sherman**

Stress is a component of most every disease. Learn information and techniques that add energy to your life, allowing you to improve your sleep, disposition, and vitality as you relieve fatigue, moodiness, anxiety, hormonal swings, and over-eating. Enjoy a beautiful afternoon of healing restorative yoga, meditation, and guided imagery. This workshop is for every woman who desires radiant health, greater clarity of mind, brightness of being and connection to her inner Divine Spark. The yoga poses are practiced on the floor with support. No previous yoga experience necessary.

When you do things from the soul, You feel a river moving in you, a joy. ~ Rumi

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.

Sunday, February 21, 2010 • 1:00-3:30 pm • \$45

Barbara Rose Sherman, 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 16 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.

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 hours notice.