

EVOKE THE Essence OF *Spring* WITH LIVE Music AND YOGA Rhythm!

with *Romi* Cumes

Within each body, exists a unique reservoir of innate somatic wisdom. Healing mediums such as instrumental sound, movement, yoga and voice are all tools to expand our healing capacity, balance our nervous system and uplift the Spirit. The intention of Yoga Rhythm is to reconnect people with the authentic body intelligence already existing within, while providing tools to support new pathways of organic expression.

Romi Cumes LMT has been studying dance, gymnastics, yoga, music and shamanism for over fifteen years. She draws from her eclectic background to provide a sacred, fun space that supports people to delve into authentic body-mind-spirit awareness. Romi created Yoga Rhythm™ in 2006 as a way to integrate the uplifting, transformative benefits of African/eclectic dance and live music with the deepening, healing aspects of yoga and meditation.

This workshop offers four main components including: Restorative/Gentle Yoga, Vinyasa Yoga, Eclectic Movement/African Dance and a Therapeutic module (Bodywork/Meditation). Local musicians will contribute to the atmosphere, offering percussion, voice, guitar and more. This workshop is suitable for all levels, however some yoga and dance experience will be helpful.

Saturday, March 20, 2010

6:30 - 8:30 pm • \$25 advance, \$30 at the door

Romi Cumes is a yoga instructor, massage therapist, dancer, musician and performer based in Santa Barbara, California. She founded Transformative Healing Arts in 2002, which offers bodywork, yoga, workshops, international yoga retreats and performance art (fire dancing, percussion and dance). Romi draws from ten years of massage experience and fifteen years of Yoga, Acrobatics and Dance studies to offer unique Yoga and movement classes and workshops. For more information visit: www.RomiCumes.com



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Spring Equinox

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.