

Yin & Therapeutic Yoga

with Cheri Clampett live music by Victor Borda

Gentle Awareness * Bodies Flower Open Slow * Sunlight Springs Within

PART I - YIN YOGA

Yin Yoga is a great way to keep the body limber and activate the movement of chi, or prana, through the body. It is good for the joints and opens the connective tissue. Each pose is held for several minutes, giving you time to explore the pose in a mindful way. The soft yin nature of the practice creates an opportunity to gain greater insight and awareness. The first hour of the workshop will be Yin Yoga, followed by Therapeutic Yoga.

LIVE MUSIC

Live improvised waveforms with healing intention played by Victor Borda will accompany your yoga journey.

PART II - THERAPEUTIC YOGA

Therapeutic Yoga is a great complement for Yin Yoga - combined they leave your body feeling renewed and open. Therapeutic Yoga is a blend of restorative poses, gentle yoga, breath awareness, and guided meditation that gently encourages your body to release and your mind to open.

Both of these practices are especially effective at clearing stress from the body and mind - which facilitates deep healing and moving to new levels of wellness. Come join Cheri for this unique and wonderful workshop - give your body the gift of a deep mini retreat.



Sunday, March 4, 2012 - 1:30-4:00pm - \$45



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



Victor Borda specializes in ambient music. He follows the energy in the room, adding notes and waves like gentle whispers. His albums include *Slow Wave Journey* and *Angels In The Atmosphere*.