

YOGA FOR YOUR WALKING

A *Svaroopaa*® Style Yoga Workshop

Svaroopaa® Yoga is uniquely designed to release the core tensions along your spine, gently, effectively easing chronic tightness and discomfort in your whole body. Come explore how *Svaroopaa*® Yoga's core opening can help you relearn how to walk with less effort & pain, more ease & energy. You will learn the anatomy of what makes this yoga different along with the basic poses you can easily practice at home.

Handouts on anatomy & poses will be supplied. Beginners welcome.

Saturday, May 22nd, 2010

11:30am ~ 2pm Cost: \$25.00

Wild Mountain Yoga Center

574 Searls Ave, Nevada City 95959

www.wildmttyoga.com

Please call to pre-register - class size limited

Instructor: Judy Fuller CMT, RYT 530-274-2635

Judy is a Holistic Somatic Practitioner in private practice since 1990. Her extensive training in therapeutic massage & bodywork, hypnotherapy, Ayurvedic Lifestyle Counseling, herbology, *Svaroopaa*® Yoga & Embodiment® Yoga Therapy allows her to

bring a unique, integrative expertise to each private session & class. She has found this yoga style to be incredibly gentle, safe & reliably effective - most every'body' can do it!! And it relieved her back pain!!

Weekly classes: Mon. 5:30-7pm and Tues. 12:30-2pm(beginner); Thurs. 3:30-5pm(intermediate).



wild mountain
YOGA CENTER