



fresh yoga

healing the mind, body and soul

FRESH YOGA WINTER WORKSHOPS 2012

Restorative Yoga Workshop with Debbie Olivastri, RYT
Friday January 13, 2012 6:30-9pm \$35 (\$40 at the door)



This workshop is specifically designed to eliminate fatigue and stress from daily life. All asanas are practiced through the support of blankets, straps and blocks. Each pose is held from 5 to 15 minutes giving the body ample time to unwind and move into the parasympathetic nervous system leading to an experience of profound rest and healing. Savor the deep relaxation of restorative postures as you melt away the stress and tension and reconnect with a deep sense of peace and calm.

SPIRITUAL LIFE COACHING

CHANGE YOUR LIFE IN 8 WEEKS!

Sarah Shapiro-Barnard, MSW, RSW

Starts Tuesday February 7, 2012 \$360 for 8 classes



Sarah is a licensed psychotherapist who is trained in Jungian archetypal psychology. She is also a medical intuitive and combines her intuitive gifts and training in modern psychology to help you find your true Self and your true Gifts. Find a new career path, find a new love, find a new love inside of yourself, connect with your Higher Wisdom and simply experience more Joy in life. Sarah will guide you to clearly define your life vision, to create a clear path to success in any area of your life. You will connect to your higher Wisdom and receive direct guidance on steps to accomplish your hearts desire. The course will be part lecture and part experiential with tangible results!

YOGA FOR WEIGHT LOSS AND DETOX

Dr. Thomas Barnard, MD

Check back for further details.



Register now! 519-967-1329