

NEW YEAR'S EVE ALL LEVELS SPECIAL CLASS WITH **ROMI CUMES**

DECEMBER 31 • 12:00–2:00 PM • \$20

2012 IS ALMOST HERE!

NOW IS A PERFECT TIME TO MINDFULLY EXPLORE THE HIDDEN LAYERS OF THE SELF, WHILE SETTING INTENTIONS FOR THE YEAR TO COME.

THIS CLASS WILL INVOLVE SOMATIC AWARENESS PRACTICES, ACTIVE AND RESTORATIVE YOGA, CREATIVE MOVEMENT, AND HANDS-ON HEALING.

WITHIN THE DYNAMIC AND SUBTLE ENERGY WAVES INHERENT IN THE NATURE OF HUMAN EXPERIENCE, THERE ARE ENDLESS PATHWAYS TO SELF-DISCOVERY.

HAPPY NEW YEAR!

ROMI CUMES M.A. IS A SANTA BARBARA NATIVE WITH A DEEP PASSION FOR MOVEMENT AND HEALING ARTS. ROMI FOUNDED TRANSFORMATIVE HEALING ARTS IN 2002 AND HAS COMPLETED AN MA IN CLINICAL PSYCHOLOGY, WITH AN EMPHASIS IN SOMATIC-BASED PSYCHOTHERAPY.

ROMI DRAWS FROM FIFTEEN YEARS OF YOGA, ACROBATICS, AND DANCE STUDY TO OFFER ECLECTIC YOGA CLASSES, BODYWORK, AND MOVEMENT WORKSHOPS. FOR MORE INFORMATION VISIT WWW.ROMICUMES.COM OR LIKE HER FACEBOOK PAGE: "TRANSFORMATIVE HEALING ARTS"



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