



# Women's Health & Healing

*Create Beauty and Wellness from your Center*

*with* **Barbara Rose Sherman**

Imagine all your possibilities! Give yourself a precious gift--a beautiful, healing and heart opening afternoon of restorative yoga, meditation and guided imagery. Create the work, relationships, health and body you desire. Practice *Scientific Healing Affirmations* and personal declarations to increase mental clarity, vitality and physical strength. This workshop is for every woman who desires radiant health, brightness of being and connection to the Divine. The yoga poses are practiced on the floor with support. No previous yoga experience necessary. Teachers may receive 2.5 hours Yoga Alliance credit.

*Soul receives from soul that knowledge, therefore not by book nor from tongue.*

*If knowledge of mysteries come after emptiness of mind, that is illumination of heart. ~ Rumi*

*Testimonials from Barbara's workshops:*

"One of the best yoga experiences I've had. The practice was deep and profoundly beneficial." ~ S.C.

"The workshop was beautiful, pulling out every stress in my body." ~ L.W.

**Sunday, April 22, 2012 • 1:00-3:30 pm • \$45**

*Barbara Rose Sherman*, is a Registered Yoga Instructor (E-500 RYT) and the co-author of *Yoga for the Joy of It!*, a college textbook on yoga released in March 2009. She has taught Hatha and restorative yoga for 17 years and has facilitated numerous local yoga/meditation retreats as well as yoga retreats in Italy. Barbara creates a loving environment of transformation and healing, filled with wisdom and insight.

805.965.6045

32 E. Micheltorena St.

[www.SantaBarbaraYogaCenter.com](http://www.SantaBarbaraYogaCenter.com)

