



Secrets of Personal Transformation

Yoga Forum

February 18 & 19, 2012

- MEDITATION & BREATHWORK - Study and practice of meditation & breath work, cleansing, purifying and energizing techniques (\$30)
- THE POWER OF VIBRATION & CHANT (Techniques for Healing) (\$30)
- Yogathon: STANDING POSES! Addressing specific alignment & structural issues through focus on leg and arm balances to enhance strength, flexibility, energy & endurance (\$40)
- YOGA PHILOSOPHY ON STRESS - Understand & Balance the vital life forces within, creating less struggle & more fun (\$30)
- ENERGY TECHNIQUES FOR DIFFICULT EMOTIONS (\$20)
- ANATOMY of the neck & shoulders (\$20)
- ROOTS & BRANCHES - History, branches & types of yoga (\$30)
- ACU-YOGA for Stress (\$20)
- YOGA TEACHER METHODOLOGY (\$80)

YOGA TEACHER CERTIFICATION - "SECRETS OF PERSONAL TRANSFORMATION"

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Held at the: Healing Arts Yoga Center, 2300 Fall Hill Avenue, Suite, 211, Fredericksburg, VA 22401

NAME _____ Email Address _____

MAILING ADDRESS _____

PHONE NUMBERS: HOME; _____ CELL; _____

Write check to Healing Arts & LEAVE AT THE CENTER with your Registration Form

(circle workshops you will be attending) OR do the entire forum: \$\$195

Enclosed is my: (circle one) Cash / Check # _____ Amount enclosed: _____