

come home to your true nature peaceful body, calm mind

Saturday, February 20, 2010 | 1:00-3:00 pm
to register, go to www.SacredSpaceRockville.com
*\$30 pre-register | \$35 day of

Free the body of its energetic obstructions and ignite your inner fire for balance and harmony! During this workshop we will integrate a slow-flow, grounding asana practice, the rejuvenating power of pranayama (yogic breathing), and the healing practice of meditation.

We will also incorporate aspects of the Ayurvedic marma system of vital points on the body. Ayurveda, India's ancient art of health and healing, is the sister science of yoga that seeks to naturally establish balance in all aspects of life.

There will be time for questions and discussion. Special emphasis will be placed on practicing several different pranayama and meditation techniques; as well as developing an intuitive understanding of which postures encourage the circulation of prana and nurture a more balanced being.

- **Release accumulated tension**
- **Receive precise alignment instruction**
- **Take the mystery out of a deeper yoga practice**
- **Reveal the light of your spirit through meditation practice**
- **Nurture and recharge through an extended shavasana**



You will return home with an awakened spirit, a vibrant body, and an illumined heart!

This workshop is for everyone.

About Your Facilitator:

Cathy Lorberbaum teaches, practices and studies yoga every chance she gets. She is a certified yoga instructor with over 300 hours of teacher training.