

MOVING WITHIN

Start Spring . . . Begin Anew –
WORKSHOP with Elaine Fruchtman

All Levels and Flexibilities Welcome

Learn from the teachings of yoga and the inner reflection of Phoenix Rising Yoga Therapy and heal your body, your spirit and your life.

- Join us in this transformative and life enhancing workshop.
- Experience moment to moment awareness through asana practice and self-reflection.
- Explore and reconnect within and learn from your own inner voice.
- Awaken the body and the whole self.

March 20th

1pm ~ 4pm

\$45

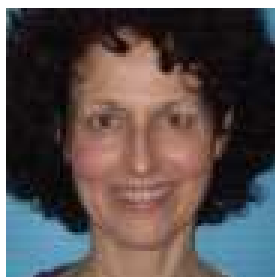
Balance Yoga

1170 Jericho Turnpike, Huntington

631-423-2055

www.balanceyogaandhealing.com

Call to reserve a space...participation is limited



Elaine will lovingly lead us in a thoughtful yoga practice integrating her 10 years experience teaching yoga and her seven years as a practitioner of Phoenix Rising Yoga Therapy. Participants will be introduced to the teachings of this powerful mind-body therapy and guided in a group Phoenix Rising experience.

As we struggle to keep up with the hectic pace of our busy lives, we may find ourselves longing for simplicity, inner peace, & deeper meaning, for a way to heal our bodies, our spirits & our lives. Though at times we look for outside sources to guide us, somewhere deep inside we know that we must slow down, reconnect with ourselves, & listen to our own inner voice.