

# Join us for a Yogazander® Workshop Finding Your Bliss Body

Sunday, August 8, 2010

2:00 PM to 4:00 PM

Affirmations Yoga Studio

Space is limited – Pre-Registration Required

Cost of Workshop: \$25.00



Register at [WWW.AFFIRMATIONSBODYSPA.COM](http://WWW.AFFIRMATIONSBODYSPA.COM) or [WWW.YOGAZANDER.COM](http://WWW.YOGAZANDER.COM)

*Affirmations*  
BODYSPA & YOGA STUDIO

Affirmations Yoga Studio

12222 Poway Road Suite #200

Poway, CA 92064

858-513-0034

During this two-hour afternoon workshop, participants will embark on an inner journey to peel away the layers and find their bliss bodies. This will be done by using basic yoga poses, breathing exercises, imagery and the Alexander Technique. The gentle hands-on bodywork of the Alexander Technique will be used to invite the soft release of muscle tension and facilitate an easy, natural alignment in the yoga poses. It will be a relaxing and enjoyable afternoon. Class size is limited to allow personalized learning and individual attention. No previous yoga experience is required; however, body awareness is helpful.

*Yogazander™ is a special combination of Yoga and the Alexander Technique developed by workshop instructors, Helena Bray and Cheri Hotalen. Helena is a certified Yoga instructor trained in the Indra Devi style and Cheri is a certified teacher of the Alexander Technique. Both teachers bring over seventeen years of personal study in their fields and share a passion for joyful living through Yoga.*

For More Information about Yogazander®

Call (858) 361-1910 or email: [helena@yogazander.com](mailto:helena@yogazander.com)

*Please do not eat two hours before the workshop and wear loose, comfortable clothing. All necessary props will be provided, but personal mats are most welcome.*