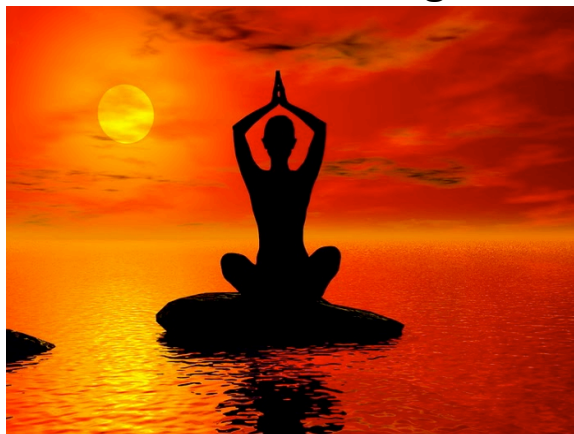


Pre-Holiday Yoga Stress Buster

Therapeutic Yoga Workshop

Harriet Alterowitz and Jennifer Brooke

Back to Bliss Yoga



Date: Sunday, November 24, 2019

AM Option: 9:00-12:30

PM Option: 1:30-5:00

Location: Red Willow Learning Center, Missoula, MT

Take some quality time for yourself before the holidays with this nurturing 3 ½ hour restorative yoga practice. Relax your body, mind & spirit with this therapeutic sequence of supported yoga poses, breath work & guided visualizations designed to relax & calm the physical body & the nervous system. Snacks will be provided at break.

This workshop is suitable for beginners as well as those with lots of yoga experience!!

Harriet Alterowitz, E-RYT 500 & Jennifer Brooke, PT, E-RYT 500 have been teaching yoga since 1998 locally as well as leading weekend retreats in Montana & yoga vacations around the world. They are both certified as yoga teachers/therapists with Integrative Yoga Therapy & are registered with Yoga Alliance at the Experienced 500 hour level. They combine their strengths of precise alignment, creativity, and compassionate teaching to allow for self-discovery & deep understanding of the benefits of working with the breath!

www.backtoblissyoga.com

Back to Bliss Yoga

Pre-Holiday Yoga Stress Buster

Sunday, November 24, 2019

The Red Willow Learning Center, 825 West Kent, Missoula, MT

Select time:

_____ AM 9:00-12:30

_____ PM 1:30-5:00

Name _____

Cell Phone _____

Email _____

Early Bird Registration by November 12

Enclose \$45 _____

After November 12

Enclose \$50 _____

Make checks payable to: Back to Bliss Yoga.

Mail registration with check to: Harriet Alterowitz 113 McLeod Ave, Missoula MT 59801.

Cancellation Policy: No refunds will be made for cancellation.

Continuing Education: Upon request, supporting documentation will be provided for 3.5 hours of continuing education for yoga teachers.

All yoga props will be provided. You are also welcome to bring your own.

Space is limited. Register early to reserve your space. You will receive email confirmation of your registration.

Jennifer Brooke: 406.531.7384 jbrookemt@gmail.com

Harriet Alterowitz: 406.370.6464 hattieyoga@gmail.com