

“The Breath of Life”

Anatomy of the Energy Body: Pranamayakosha

Therapeutic Yoga Workshop

with

Jennifer Brooke and Harriet Alterowitz



Date: Saturday, February 4, 2012

Time: 9:00-5:00 (Break from noon – 2:00)

Location: SPH Conference Center #3

This Back to Bliss Workshop is sponsored by the
SPH Wellness Center

From the eastern perspective, the body is an interconnected network of energy & intelligence. The proper flow of energy is essential for maintaining good health. Driving this energy & providing us with vitality & life force is the network of our Prana, which is comprised of the breath within the body, the energy channels, & the specific centers of energy which are called the Chakras. Practice will be both active & restorative with a deeply focused series of breath awareness and Pranayama.

Suitable for students of yoga or mind/body/movement practice, teachers, & therapists.
Prior Yoga experience is not required.

Jennifer Brooke, PT, E-RYT 500 & Harriet Alterowitz, 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!

(Please see back for registration form)

The Breath of Life

Date: Saturday, February 4, 2012

Time: 9:00AM- 5:00PM (break from noon-2:00: lunch on your own)

Saint Patrick Hospital Conference Center #3

This Back to Bliss Yoga workshop is sponsored by SPH Wellness Center

Name _____

Phone _____

Email _____

(Please print clearly)

By January 10th Early Bird Registration Fee enclose \$75.00 _____

After January 10th Enclose \$85.00 _____

Register at SPH Wellness Center 329-5895 or directly with Jen or Harriet.
You may also mail registration to: Back to Bliss Yoga, 113 McLeod Ave, Missoula, 59801.

Make checks payable to: Back to Bliss Yoga.

Cancellation Policy:

- From the registration fee, 50% is nonrefundable with any cancel.
- No refunds or credits if cancellation is within 7 days of the workshop.
- You may transfer your fee to another person.

Continuing Education: Supporting documents will be provided for 6 hours of continuing education. You must submit to your own professional organization.

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

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

Jen Brooke: 721-3905 or jbrookemt@aol.com
Harriet Alterowitz: 370-6464 or hattieyoga@gmail.com
www.backtobliss.com