

Art Montage Yoga and
Free Spirit Therapeutics presents

A Yoga Therapy Workshop



Yoga therapy can change your life.

Join Kelly Pearson, Phoenix Rising Yoga Therapist, Therapeutic Life Mentor, Mentor to Phoenix Rising Yoga Therapy students and yoga teacher, as she introduces the basic workings of Phoenix Rising Yoga Therapy (PRYT).

PRYT emphasizes awareness and facilitates connections between the body and mind. With deeper awareness, people are able to tap into the wisdom of their body, a tool that is often overlooked as a source of information. This deeper connection supports people experiencing mental health symptoms, physical problems, relationship issues, and anyone seeking more relaxation and/or grounding in their life; it promotes clarity that comes from within, which can help people heal and thrive.

In this workshop, you will:

- ▶ Learn about what yoga therapy is, who it's for, and how it works
- ▶ Experience multiple activities that give you a sense of a yoga therapy session
- ▶ Integrate your learning and experiences ~ bring your journal, if you have one

When: March 4, 2017

Where: Art Montage Yoga Studio

Time: 3 pm - 5 pm

Investment: \$25 early bird, \$30 at the door

Questions? 207.266.2381 or

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