



Yoga Therapy

Workshop

October 7, Tuesday, 5:30-7:30 pm

Practice

October 8, Wednesday, 5:30-7:30 pm



Join visiting teacher, Margi Clifford, licensed professional counselor and experienced yoga teacher for an engaging and intelligent introduction to yoga therapy! Learn how yoga and meditation cultivate balance and support mental, emotional and physical health in Tuesday's workshop, enjoy a group practice on Wednesday. Workshop and practice will be useful for healthcare practitioners, yoga teachers, students and curious beginners.

To register contact Bev Ingram: bevingram@gmail.com or 907 209-8289.

Checks made out to Rainforest Yoga. \$50 for both classes. \$30 to drop-in to either.

Rainforest Yoga @ 174 S. Franklin Street, Suite 202B, Juneau. The studio is on the 2nd floor of the Emporium Mall.

www.yogaformentalhealth.com