



The Healing Ribbon

**A Six Week Yoga Program - *STARTING* February 23, 2011
Wednesday Evening 6:00-7:30pm**

NamasteWorks Yoga + Wellness invites you to take part in “The Healing Ribbon”, a six week program specifically designed to bring the therapeutic applications of yoga to women with breast cancer.

The intention for this six week program is to help you develop tools and techniques for coping with breast cancer at all levels, physical, energetic, emotional, psychological and spiritual. Each ninety minute session will deepen your self-awareness of your physical body, enhance your flow of energy and breath, and bring you in touch with your feelings and emotions, as well allowing you to be silently present to all that occurs with growing objectivity. This class will employ the use of props and other tools to help ease the body open.

Take a step towards wellness and health in this personalized format. Barbara a breast cancer survivor and a trained breast cancer yoga instructor, will be your guide on this journey toward wellness and health through yoga.

Classes are held at the New Center of NamasteWorks Yoga + Wellness in the heart of Old Town Littleton, 5860 S. Curtice Street, Littleton, CO 80120. Located in a 1906 converted home, this space offers privacy and a safe environment for practice. For the intimacy of each participant in developing a strong relationship to your practice and the instructor, a maximum of ten students may participate in each session.

Six Week Series for \$99.

To Sign Up for the Program, call 303.725.1434 or send an email through the contact form. The instructor will contact you directly to reserve your space in the class, send you some preliminary information and provide you with payment instructions.

