



# yoga in the adirondacks

## ***Therapeutic Flow Yoga with Chaya—Sharon Heller***

How do we keep ourselves safe in the flow? Through focused attention, breath awareness and learning what is appropriate for your specific needs, you will find your own core strength and stability to anchor your practice.

**DATE: Saturday, October 22, 2005**    **TIME: 1:00pm–5:00pm**

**COST: \$45** before October 14, **\$50** after October 14.

**REGISTER: 518 251-3015 or [Susanne@YogaInTheAdirondacks.com](mailto:Susanne@YogaInTheAdirondacks.com)**

Please register early. 8 person minimum to bring Chaya to us.

**INSTRUCTOR: Chaya~Sharon Heller**, BA, IYT, LMT has been working as a teacher and healer since 1978. She has studied in India, Thailand, and the United States and is certified in Integrative Yoga Therapy, Professional Level Kripalu Yoga, Viniyoga, Holistic Health Education, Massage Therapy, and Reiki. Chaya's Yoga specializes in modifications for alignment, strength, flexibility, movement without pain and special needs. She teaches weekly at Kripalu, offering group yoga and workshop experiences and private yoga and massage. She teaches weekly to people with Multiple Sclerosis and has a 4 day workshop, "Holistic Lifestyle and Adaptive Yoga for People with MS" at Kripalu in the fall. She has been featured on the cover of Yoga International Magazine and "Kripalu Yoga, A Guide to Practice On and Off the Mat." Visit [chayayoga.com](http://chayayoga.com).



Contact Susanne at **518 251-3015** or **[Susanne@YogaInTheAdirondacks.com](mailto:Susanne@YogaInTheAdirondacks.com)**