



Judith Valerie Yoga

Body Prayer Workshop with Judith Valerie

Sunday, July 18th, 3:00pm ~ 5:00pm

Come and Explore:

- ~ Several of Judith's Body Prayer sequences for health, happiness, and prosperity
- ~ Body Prayer practices, from a phrase in the *The Lord's Prayer*, as taught by Aramaic scholar Neil Douglas-Klotz, in *Prayers of the Cosmos*
- ~ Explorations of the energetic effects of yoga postures on mental, emotional, and spiritual well-being. You will create a personal body prayer to address a problem or issue in your everyday life.

Space is limited. Please phone or email Judith today to reserve your spot or ask questions.

Directions sent upon receipt of payment. (Cash or check.)

Registration

Cost: \$45.00. Refund less \$5.00 until July 13th. No refunds thereafter.

Bring a check to class or register online at: www.jvyoga.com

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