



## ~ Chi Yoga & the Emotional Gym ~

A Wellness Workshop with Suzanne Grace

Sunday, January 22 1:00 - 2:30 pm

@ The Foothill Center for Spiritual Living  
2945 1st Street, Auburn

Cost: \$18

Pre registration required; call 530-823-6986  
suzanne@graceyoga.com



This workshop, designed for ALL bodies no matter your fitness level, will give you a simple 20 minute movement practice to do everyday to bring physical, mental and emotional well-being to your life.

This practice utilizes healthful breathing and simple yogic stretches, while pulsing the emotions of love, peace, joy and gratitude.

(based on the research of neuroscientist Dr. Bill Larkin).

DVD's will be on sale at the workshop.

Bonus\*\* You will also learn basic acupressure points for self healing!

Wear loose, comfortable clothing and bring a yoga mat if you have one.

~ GIVE YOURSELF THE GIFT OF WELLNESS ~



N a m a s t e