



YOGA CENTER OF MARIN

518A Tamalpais Drive
Corte Madera, CA 94925
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yogacenterofmarin.com



Julia is a Sanskrit scholar, a Vedanta and Meditation teacher, and an expert in Sanskrit Chanting— due to her 12 years full-time study with Swami Dayananda. She is the creator and Founder of Meta Yoga – a program for healing at five levels: Physical, Vital Energy, Emotional, Mental, and Spiritual. Her mission is to empower people with the courage and knowledge to heal themselves and to lead more productive and fulfilling lives.

THIS SERIES:

- All levels
- Pre-registered: \$35/class
- Drop-in: \$40/class

Healing Chronic Pain & Injury with Yoga & Meditation

with JULIA LORIMER

Four classes in this series, each 2:00–4:30 PM

- **Jan. 27 (Saturday): Lower Back, Hips & Deep Breathing**
- **Feb. 25 (Sunday): Shoulder, Arms & Wrists**
- **Mar. 24 (Saturday): Feet, Knees & Hips**
- **Apr. 28 (Saturday): Neck, Upper Back & Deep Breathing**

Each class will identify the anatomy and pathology of chronic pain issues and injuries and how to avoid them. Presented in simple language, Julia will demonstrate alignment principles for achieving balance, core strength and deep breathing as they apply to various body regions and conditions. In addition, they will relate to one's seated meditation posture or sedentary habits of living. These classes will leave you understanding safer, non-hurting ways to sit and move in all your activities 24/7. This holistic approach to yoga releases held stuck patterns from the body and the mind, ultimately connecting you to the promising discovery of yourself healed and whole. The guided meditations help resolve concerns about your own healing journey; and finally lead the wayward mind back to its own source, your own benign presence. These meditations are based in non-dual teachings gleaned from the Vedanta scriptures, the Yoga Sutras, and the Bhagavad Gita.

Classes are for people seeking relief from chronic pain, and for teachers seeking to learn the specialty of pain management, and they are also designed for people with little to no background in yoga.

JULIA LORIMER is a Certified Yoga Therapist, and has been a pain management specialist using Iyengar Yoga Therapeutics and deep tissue therapy for 3 decades. She has studied with the Iyengar family in Pune extensively for more than a decade, and also for 3 decades with Manouso Manos, Ramanand Patel and many other Senior Iyengar teachers worldwide.

Use this form to register or register online. Pre-registration is encouraged for all workshops.

WORKSHOP/Date/Time: HEALING CHRONIC PAIN & INJURY with JULIA LORIMER / _____

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

email: _____

HOW DID YOU HEAR about this series? Flyer Website

Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____

Card #: _____ Exp date: _____

Name on card: _____

Card billing address: _____

Please sign

Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925

FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



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