



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
Corte Madera, CA 94925
(415) 302-8457
yogacenterofmarin.com

YOGA THERAPIES FOR ANXIETY

with JANET WEAVER

Three Saturdays: Feb. 10, 17 & 24, 2018
2:00–3:30 PM



JANET WEAVER - Registered Yoga
Therapist, Yoga Teacher RYT 500

COME LEARN therapeutic approaches to managing anxiety using Yoga therapies and Ayurveda in this three-week series that will include both teaching and practices.

This course should be taken as a series; dress in comfortable clothing and bring a notepad and pen.

No prior experience with yoga is necessary.

JANET WEAVER is a Certified Yoga Therapist and Yoga Teacher, registered with International Association of Yoga Therapists (iayt.org) and Yoga Alliance (www.yogaalliance.org). She has had a healing practice for over ten years in the San Francisco Bay Area.

She offers specialty courses in Yoga Therapies, works one-on-one with clients to assess injury, diet and lifestyle imbalances using Ayurveda, Yoga therapies and manual therapies. Visit www.yogatherapyforlife.com for more info.

THIS SERIES:

- All levels
- \$90 full series, pre-registered
- \$35/class drop-in

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

WORKSHOP/Date/Time: YOGA THERAPIES FOR ANXIETY with Janet Weaver / _____

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



12/29/2017