



YOGA CENTER OF MARIN

518A Tamalpais Drive
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yogacenterofmarin.com

RESTORATIVE & THERAPEUTIC YOGA with MEDITATION: Managing Chronic Stress, Pain, and Injury

with JULIA LORIMER

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

Classes will focus on healing your own pain in the following areas

- **Jan. 19:** *Low Backs & Hips*
- **Feb. 16:** *Hips, Knees & Ankles*
- **Mar. 16:** *Upper Back, Shoulders & Wrists*
- **Apr. 20:** *Neck & Shoulders*



Julia is a Sanskrit scholar, a Vedanta and Meditation teacher, and an expert in Sanskrit Chanting. She is the creator and Founder of Meta Yoga- a program for healing chronic pain at five levels: Physically, Vitality, Emotionally, Mentally and Spiritually. Her mission is to empower people with the courage and knowledge to heal themselves and to lead more productive and fulfilling lives.

Each workshop will help you to identify the cause and the effect of tension patterns that can lead to chronic pain and injuries. Each of these workshops will provide you with effective and long-lasting series to release tension and pain from your mind and body. 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.

The activities of daily living including sitting, standing and moving will become sources of healing and less sources of stress, tension and pain. You will gain a deeper sense of resilience from the wear and tear of life as you move through the world.

Guided meditations taught in class help you to calm your reactions to the stresses of life. They provide a quiet place to relax in your own stable presence and to discover yourself more healed and whole. In meditation, the wayward mind is led back to its own source, your own benign presence, where you are free of everything unwanted, simple and free.

These guided meditations are based in non-dual teachings gleaned from the Vedanta scriptures, the Yoga Sutras, and the Bhagavad Gita as taught by Swami Dayananda.

JULIA LORIMER, Certified Yoga Therapist, has specialized in pain management for three decades, combining Iyengar Yoga Therapeutics with anatomically detailed deep tissue therapy. She has studied extensively with the BKS Iyengar family in Pune, India, as well as with renowned Senior Iyengar teachers including Manouso Manos and Ramanand Patel in the San Francisco Bay Area.

THIS SERIES:

- All levels; some yoga experience is helpful
- Pre-registered: \$40/class
- Drop-in: \$45/class

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

WORKSHOP/Date/Time: RESTORATIVE & THERAPEUTIC YOGA 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: _____

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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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