



YOGA CENTER OF MARIN

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yogacenterofmarin.com



SUSY STEWART began her study of yoga more than 40 years ago. Her yoga practice has been fueled by several trips to India where she studied with the Iyengars and followers of Sri Aurobindo.

BILL STEWART, MD, is the co-founder of the Sutter Health Institute for Health and Healing and author of "Deep Medicine: Harnessing the Source of your Healing Power."

THIS WORKSHOP

- \$90 pre-registered, all four sessions
- \$25/session. Limited space! Preference given to those who pre-register for all sessions
- All levels welcome

YOGA IS DEEP MEDICINE

with **SUSY STEWART &
BILL STEWART, MD**

Four Sundays • 2:00–4:00 PM

– Jan. 27, Feb. 10, March 3 & March 24 –

Get the New Year Started Right! HEALTH IS EVERYTHING!

"Health is the delicate balance in harmony of the body, mind and spirit where physical disabilities and mental distractions have vanished." — BKS Iyengar

HEALTH'S VALUE is often taken for granted until we lose it. Like yoga, maintaining good health is about balance, strength, and flexibility. Don't wait for the government to pass legislation; create your own health plan. Gain a new understanding of healthy life style choices. Join us to practice asana and explore Deep Medicine as we learn how to harness the source of our healing power with our yoga community.

"When it comes to our health, our choices are often our destiny. In Deep Medicine, Dr. Stewart supports our choices with the skill of a surgeon and the wisdom of a healer." — Rachel Naomi Remen, MD, professor and author of "Kitchen Table Wisdom"

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

WORKSHOP/date & time: YOGA IS DEEP MEDICINE with Susy Stewart & Bill Stewart, MD _____

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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