



**Hatha Yoga in
Clintonville**
*An Integrated Approach to
Yoga offered by Janice
George E-RYT500*

Deepen your connection to your self and your body through the deep and profound exploration of the healing and rejuvenating effects of hatha yoga. Through the experience of yoga postures in alignment, breathing techniques, meditation, and relaxation in a safe, nurturing environment, you will experience greater understanding and comfort in your body, renewed energy, calmness, and an increased sense of well-being.

WHEN:

Spring Session: 4/29 – 5/20, 2014

Tuesday mornings (all levels): 9:15am - 10:45am

Spring Session: 4/30– 5/21, 2014

Wednesday evenings (all levels): 5:30pm-7:00pm

*Teaching schedule is also available at www.shivashaktisynthesis.com
and www.cfwohio.org*

WHERE: Center for Wholeness

4041 N. High St. Suite 100

Columbus, Ohio 43214

COST: Members

\$95.00/8 week session (4 week session \$47.50)

\$14.00/class (drop-in, if space is available)

Non-members

\$105.00/8 week session (4 week session \$52.50)

\$15.00/class (drop-in, if space is available)



Classes are structured to accommodate all skill levels from beginning to advanced.

ShivaShakti Synthesis yoga teacher training and Shiva Shakti Yoga are whole body approaches to yoga developed by Janice George. **Janice** is an LISW and registered Yoga Teacher (RYT 500-E) and Yoga Therapist, who has been teaching yoga for 24 years. Her major influences include Ayurveda, Kripalu, Integrative Yoga Therapy, Doug Keller, Richard Miller/iRest yoga nidra and Iyengar. She offers yoga classes, individual yoga therapy sessions and Yoga Alliance accredited Yoga Teacher Trainings. For further information please visit the ShivaShakti website at www.shivashaktisynthesis.com or contact Janice directly at janice@shivashaktisynthesis.com or 614-262-6634.