

Wisdom Workshops

w/ Sheetal Contractor, RYT, LMT, Wellness Coach

It is said that the physical practice of yoga is only the 'tip of the iceberg'! ARE YOU READY for MORE?!?

Join Sheetal Contractor, RYT, LMT, Wellness Coach during 5 Thurs evenings (6 - 8pm) in studio BE as she shares the philosophical & spiritual teachings of YOGA

- **June 15th: "Who Am I?" Understanding Consciousness & Ego**
- **June 29th: Experiencing the Fullness of Life - The 4 Desires of the Soul (*Dharma, Artha, Kama, Moksha*)**
- **July 13th: The Untamed Mind**
- **July 27th: TBD**
- **Aug 10th: TBD**

Each interactive workshop will include learning, discussion and guided meditation with the intention of applying the wisdom to our day-to-day living.

Pre-Pay all 5 Workshops - \$100 OR \$25/workshop

Open to ALL inquiring hearts and minds! :-)

About the instructor: Sheetal Contractor is a licensed massage therapist, yoga educator, wellness coach, author of the E-book *Anyone Can Do YOGA! (... So What's Stopping You?)* and creator of the DVD Series called *Yoga Essentials*. Her yoga background includes training from a variety of styles and teachers over the past 20 years.

Sheetal's programs offer personalized attention to allow each person to learn according to his/her needs. Her mission is to help individuals reclaim their power when it comes to their health & wellness. Sheetal herself strives to "live her yoga" by moving, breathing, and thinking well each and every day and she hopes to inspire and support others to do the same.

