



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?!?

If YES, join Sheetal Contractor, RYT, LMT, Wellness Coach on **THURSDAY, Aug 10th from 6 - 8pm in Studio BE (\$25)**

This week's topic...

The Yoga Sutras:

Applying Ancient Wisdom to Modern Living

The Yoga Sutras, a classical text of yoga philosophy, outlines guidelines for living a purposeful life.

Join in the discussion of how these ancient aphorisms can be applied today to experience greater fulfillment in our modern lives.

Each interactive workshop will include gentle movement, learning, discussion and guided meditation

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.

