

## Wisdom Workshops w/ Sheetal Contractor, RYT-500, LMT, Wellness

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-500, LMT, Wellness Coach as she shares  
the philosophical & spiritual teachings of YOGA

- Oct 1st: *The Untamed Mind*
- Oct 15th: *Rewiring the Brain through Mindfulness & Meditation*
- Oct 29th: *Who Am I? Exploring Consciousness & Ego*
- Nov 19th: *Four Goals of the Soul: (Dharma, Artha, Kama, Moksha)*
- Dec 3rd: *The Yoga Sutras: Ancient Wisdom for Modern Living*

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! :-)**

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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.

