

Cultivating Balance...

A Yoga & Writing Workshop

...for a Peace-filled Holiday Season



Experience the holidays from a place of balance and perspective. Discover your center and learn how to stay grounded and connected to what really matters. This innovative workshop combines the vast potential of yoga and meditation, along with guided writing exercises, discussion and reflection. Participants will leave with tools for staying present, open, and peaceful.

All yoga and written exercises presented during the class are designed for all levels of experience. Time will be available for writing in silence as well as for optional sharing in a safe and supportive community.

Saturday, November 18 - 9:30 am to Noon

Cost: \$45

Pre-registration Required: wakeupthewriterwithin@gmail.com

Questions Call: 262-367-0607

Center for Well-Being Lake Country • 301 Cottonwood Avenue, Hartland

JOANNE NELSON is the recent nonfiction winner of the Peninsula Pulse's Hal Prize and her work can be found in a variety of anthologies and literary journals. In addition, Joanne is certified by the McLean Meditation Institute as a meditation and mindfulness teacher. The classes, workshops, and retreats that she leads have a solid foundation in the skills and experiences she brings from these eclectic pursuits. Over thirty years of experience as a psychotherapist allows Joanne to combine clinical expertise with her love of teaching to create programs that are research based, practical, and enjoyable.

KERRY DUMA, RYT-500, has been teaching yoga since 2003. Her classes emphasize a mindful approach to movement with optimal alignment, breath and inner awareness. Her goal is to help people connect with their body and it's innate desire to be healthy and relaxed. She believes in the power of yoga to help us connect with our inner wisdom and be open to all possibilities.