

Shiva Shakti Synthesis

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: Fall Session: November 29-December 20, 2017
Wednesday evenings (all levels): 5:45pm-7:15pm

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
\$48/4 week session
\$14.00/class (drop-in, if space is available)
Non-members
\$53/4 week session
\$15.00/class (drop-in, if space is available)



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

Samyoga 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 25 years., individual yoga therapy sessions and Yoga Alliance accredited Yoga Teacher Trainings. For further information please visit the Samyoga Institute website, www.sam.yoga or contact Janice directly at janice@shivashaktisynthesis.com or 614-404-3339.