THE YOGA OF SELF NURTURING

Saturday, January 27, 2018
10:30-5:30 Full Life Yoga Studio
204 Providence Mine Road, Suite 112
Nevada City, CA 95959

Come treat yourself to a day of self care. In the morning, a long restorative core opening yoga class will be followed by a leisurely lunch break. In the afternoon, more gentle chair yoga leading into a full bija mantra practice & meditation. Finally we will complete the day by creating a collage to inspire and focus the year ahead on self nurturing.

Class:
Saturday, January 27, 2018, 10:30am-5:30pm
Full Life Yoga Studio
7 Hills Business District, 204 Providence Mine Road, Suite 112
Nevada City, CA 95959
www.fulllifeyogastudio.com

Cost:
$100 (Paypal payment available)
Space is limited so register early!

Contact:
Judy Fuller, CMT, RYT
(530)274-2635
judfulyoga@gmail.com
www.yogawithjudy.massageplanet.com

Judy Fuller, is a Holistic Somatic Practitioner, in practice since 1990, with extensive training that includes massage, craniosacral bodywork, hypnotherapy, Ayurvedic Lifestyle Counseling, *Svaroopa*® Yoga, *Embodyment*® Yoga Therapy and Trauma Informed Yoga. Judy's broad background allows her to bring a unique, integrative expertise to each class and private session. Having experienced chronic back pain and illness herself, Judy is passionate about empowering others to overcome their own obstacles to a healthy, vibrant and authentic life.