Quantum Evolutionary Pathways (™) : Yoga Therapy Self-Healing Series

STRUCTURE MATTERS

part two

The Lower Body

Sat Nov 11

2:00-5:00 pm

**$60 pre-registered; $70 at door

Oakland Yoga Studio

4 Yosemite St @ Piedmont Ave, Oakland CA 94611

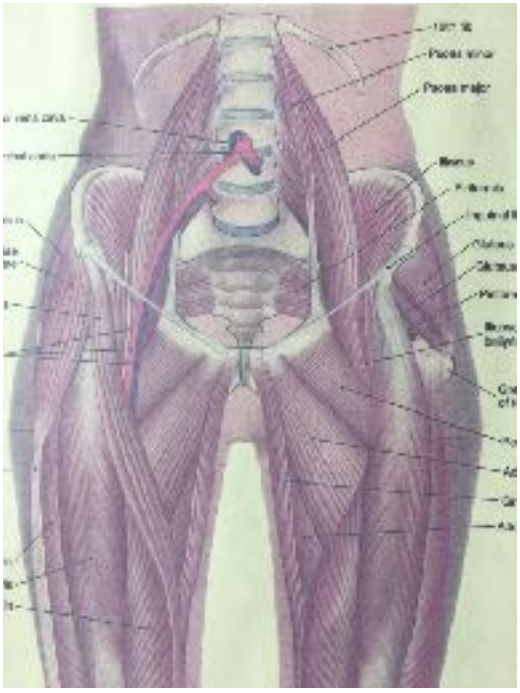
Back Pain?

Sciatica? Stiff Hips? Knee Pain? Recurring emotional states like anxiety, anger, and PTSD? *How can Yoga Asana transform these patterns and free us?*

Connect deeply with your body and nervous system. Tune into subtle anatomy and learn micro-movement. Begin to release restrictions, realign, and heal right away.

STRUCTURE MATTERS series can be taken in any order. Modules help you reorganize your posture using conscious focused awareness and experiential anatomy. *Self-healing is a radical achievement!* Committed students are honored with a **Quantum Evolutionary Pathways** (™) ***Certification*** *in* ***Structural Self-Repair.***

****Pre-register now.*** Send check to: Yolanda Marie Vazquez, 350 N Civic Dr #505, Walnut Creek CA 94596



PRIME YOUR BODY WISDOM

with this ***SPECIAL FREE TALK>>>***

The Most Misunderstood Muscle

Fri Nov 10, 8pm, *Oakland Yoga Studio*

Deep inside us, along the front of the spine, runs a core muscle of raw emotion and power: *the* ***ilio-psoas.*** *T*his muscle binds us together, enables movement, and is directly wired into fight-or-flight (Sympathetic Nervous System), organ tone, breathing, and PTSD. The workshop experience Nov 11 will support gentle, nurturing structural release, and realignment between torso and feet.

Yolanda Pritam Hari specializes in holistic rehabilitation through Bodywork, Structural Yoga, and Plant Medicine. She pours her love for human structure and the nervous system into private treatments, public talks, and transformational self-healing programs. Visit her website to learn more.