

THE YOGA & MOVEMENT CENTER

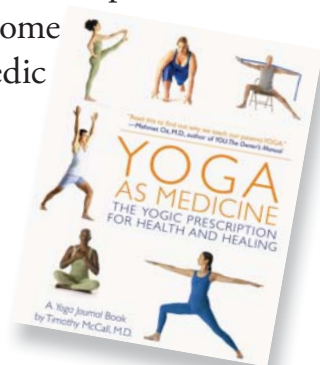


TIMOTHY MCCALL, M.D., is a board-certified specialist in internal medicine and a dedicated yoga practitioner who has traveled to India and throughout the United States observing, training with, and interviewing the world's leading yoga teachers and therapists. He is the medical editor of *Yoga Journal*, and is the author of *Yoga as Medicine: The Yogic Prescription for Health and Healing* (Bantam), now in its 11th printing. Timothy studies with a traditional Ayurvedic Vaidhya (doctor) in Kerala, India and with a Tantric master in Bangalore. His primary yoga teacher in the United States since 1995 has been Patricia Walden, and more recently he has worked with Rod Stryker and Donald Moyer. Timothy teaches yoga workshops around the United States and internationally. He can be found on the web at www.DrMcCall.com

YOGA FOR PHYSICAL & EMOTIONAL BALANCE *with Timothy McCall, M.D.*

Yoga can be a fabulous tool to bring greater balance to the physical body, to your emotions, and to your whole approach towards life. The focus of the practice will be on grounding and balancing the body and calming the nervous system. We will talk about how to use the bones, particularly the movement of whole bones, to build the structural integrity of the body from the feet up. We will explore the relationship of the breath and nervous system, do some breathing practices, and review relevant Ayurvedic and yogic principles as they relate to yoga and yoga therapy.

No prior knowledge of Ayurveda is necessary.



1:00–4:00 PM; Sunday, October 24, 2010

\$75 Early Bird Registration before October 17

\$80 Regular Registraton after October 17

Drop-in available on a space available basis

REGISTRATION FORM

Please register _____ person(s) for Yoga for Physical & Emotional Balance _____

Name(s): _____

Address: _____

Phone: _____ Cell: _____ Email _____

Pay By: Check Amount enclosed: _____ Credit Card (Circle One) Visa Mastercard

Card Number: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Cancellation Policy: With 2 weeks or more notice of cancellation, a refund less \$15 handling fee; less than one week's notice, no refund.

Make checks payable to: The Yoga & Movement Center, 1379 Locust Street, Walnut Creek, CA 94596

For more workshops and class info visit www.yoga-movement.com or call 925-938-YOGA (9642)