

DEEP RELAXATION

opens the channels of healing...

Physically... mentally....spiritually... All levels all together...



Yoga therapy heals through the deep penetrating power of relaxation.

Yoga therapy heals through slowing down the internal process of the mind and body.

Yoga therapy heals by releasing your own inherent capacity for health and wellbeing.

Yoga therapy is rejuvenating, soothing and deeply nourishing.

Any time is a good time to nurture yourSelf through yoga.

Three qualified therapists are available to support you:

**Polly DiBella, CSYT, E- RYT // embodiment® & Svaroopa® yoga therapy
610-578-0733 polly@dibellayoga.com**

**Anne Susas, CSYT // embodiment® therapy
610-999-3030 annesusas@yahoo.com**

**Judy Goodkin, RYT 200 // embodiment® therapy
484-924-8697 jujugoodkin@aol.com**

