



## Rejuvenating Yoga and Creative Writing Workshop

### *From Peaceful Pose to Potential Prose...*

**Saturday, Nov. 5, 1pm – 4pm**      **\$30 per person**

Sutras Yoga Studio, Anchor Bay

Spend a peaceful fall afternoon with Emily McConnell of Anchor Bay's Sutras Yoga, RYT, and Cathy Cassetta, RYT, as they interweave gentle poses and imaginative writing suggestions to spark creativity, insight, and inspiration.

Whether your artistic expression is words, music, fabric, clay, you name it, this workshop will provide opportunity to explore and expand your creative expression in a blending of body, mind, and spirit.

Live music and items to awaken the senses will be incorporated in the very safe environment created for this experience, appropriate for all levels of ability.

*Early registration is strongly encouraged.* Workshop size is limited to maximize the experience. **To register, email** Cathy at [cathy@tabardtheatre.org](mailto:cathy@tabardtheatre.org) **or call** 408-813-8502. You will receive an email confirmation. If possible, **mail a check by Nov. 1** to Emily McConnell, PO box 736, Point Arena, CA 95468. **After Nov. 1**, you may bring your check or cash with you to the workshop.

#### **What to bring:**

- Your writing journal/notebook and a writing instrument.
- A desire to explore your creativity in a new way.
- Your yoga mat. If you do not have one, mats are available at the studio at no cost.