



Tai Chi
Yoga Center

YOGA & HEALTHY LIVING RETREAT

**with local yoga family
Suman, Peony & Julia**

What you will learn:

- ♥ **Yoga joint freeing exercises**
- ♥ **At-home practice sequences by Suman**
- ♥ **Yogic juicing for winter by Julia**
- ♥ **Healthy gluten-free winter snacks**
- ♥ **Yoga health routines by Suman**
- ♥ **Guided meditation by Suman**

Saturday
February 27, 2016
2pm-6pm
1055 River Rd. Annex
Eugene, OR

**Register by email
infotcyc@yahoo.com
or call Peony at
(541)688-2688**

**Cost: \$45.00
RSVP by 2/19
Space Limited**

ABOUT THE TEAM

Suman Barkhas is a senior Yoga Instructor and Yoga Therapist who has the highest title of the Yoga Alliance ERYT 500 (experienced registered yoga teacher) and is the director of Spiritual Yoga School and Tai Chi Qigong Master Instructor. He offers classes, workshops, and training both locally and nationally.

Peony Prashanti Waro is a yoga teacher of 20 years, certified in the Arhatic Yoga as well as in Ashtaunga Yoga. A master in the kitchen, she has authored two vegan cookbooks, "What Do Yogis Eat" and "Nurturing Your Temple". Prashanti is a certified facilitator of the World Peace Diet, the co-director of the Spiritual Yoga School, and an intuitive messenger available for private sessions.

Julia Maeda is our new addition to the yoga family. She is a certified yoga instructor and a fashion artist and designer, and will also be teaching classes this spring at Emerald Park.