



The Piedmont Yoga Studio is pleased to present:

# Therapeutic Yoga

*with Cheryl Fenner Brown*

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**Wednesdays ♦ 11:30–1:00 pm**

*\$15 first class*

*\$20 subsequent drop-ins*

*\$65 series of 4 consecutive classes*

**Studio 1**



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Has life become stressful due to a recent injury or illness? Are you dealing with chronic pain, or has your health care provider told you that yoga would be a good way to gain flexibility and strength but you don't know where to start? Join Cheryl Fenner Brown on Wednesdays in this class designed to meet your individual needs.

This class is appropriate for anyone dealing with chronic stress, pain, fatigue, recent surgery, joint replacement, arthritis, cancer or other chronic illness. However, you do not have to fall into any of these categories to come to the class – maybe you just want a gentler approach and a way to incorporate the more subtle aspects of yoga into your life.

Each class will include gentle active postures followed by restorative resting poses. Pranayama (breathing), mudras (hand gestures), and guided meditation will also be used to create a relaxing experience that will help your mind and body deal with whatever life is handing you in that moment.

If you have questions about whether this class is for you, please contact the instructor for more information at (510) 290-2641 or [yoga.cheryl@yahoo.com](mailto:yoga.cheryl@yahoo.com) and more information about Therapeutic Yoga can be found at [www.YogaCheryl.com](http://www.YogaCheryl.com). Series pricing is based on 4 consecutive classes so that you may gain the most benefit from the practice.

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Cheryl is a 2004 Piedmont Yoga Studio Advanced Studies graduate and is currently enrolled in the IYT's Professional Yoga Therapist program. She teaches in the Hatha tradition with humor and compassion. After finding yoga in 2001 as a way to ease the pain of scoliosis she has become enchanted by the subtle connections between the breath, body, mind, and emotions. Cheryl encourages her students to honor where they are in their bodies today and use their practice as a way to heal.

