

Moksha Yoga Shala is pleased to present:



An Integrated Approach to  
**Writing & Yoga:**  
**Voice & Vision**

with Cheryl Fenner Brown & Eleanor Vincent

**Saturday, October 10 ♦ 1:00 – 5:00 pm**

Fee: \$75 by 10/5, \$90 after

\*\$10 discount for returning students

Developing a yoga or writing practice can enable you to listen to your inner voice and see with more clarity your innate wisdom and creativity. Yoga instructor Cheryl Fenner Brown and writer Eleanor Vincent have developed a unique series of workshops uniting these two disciplines by combining yoga asanas, mudras, chanting and writing exercises to open your mind and body to new sources of inspiration. **Voice & Vision** is the third of a three-part series that also includes sessions on **Centering & Creativity** & **Focus & Feeling**. The intention of the series is to help you discover more fulfilling ways to write and move from your center. Each workshop can be taken on its own or combined in a series of three for maximum benefit. The workshop will be held at Moksha Yoga Shala, 2940 Camino Diablo #200 in Walnut Creek.

The **Voice & Vision** workshop will help participants to:

- Use chanting and vocalization to energize the throat chakra
- Learn exercises that will allow your authentic voice to be heard through your writing
- Use mudra to get in touch with your intuition and inner wisdom
- Effectively use visualizations to create more vivid writing

**Cheryl Fenner Brown** 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.



**Eleanor Vincent's** debut memoir, *Swimming with Maya* (Capital Books, 2004), was a finalist for the Independent Publisher Book of the Year Award. She received her MFA in creative writing from Mills College and has been a yoga practitioner for 20 years.

**Registration for Writing & Yoga: Voice & Vision**

Fee: \$75 by 10/5, \$90 after (\$10 discount for returning students) • Saturday Oct 10, 2009 • 1:00-5:00 pm

**Referrals:** Register with a friend and receive ½ off a 1-hour Writing Consultation with Eleanor; or Private Yoga Session with Cheryl.

Name of Attendee(s): \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Email: \_\_\_\_\_

By Check Registration: Payable to **Cheryl Brown**, mail with this form to **2109-D Clinton Ave, Alameda 94501**.

Questions? Contact Cheryl at [yoqa.cheryl@yahoo.com](mailto:yoqa.cheryl@yahoo.com) or (510) 290-2641

*Moksha Yoga Shala, 2940 Camino Diablo #200, Walnut Creek, CA 94597*