

Writing & Yoga Workshop Series

Cheryl Fenner Brown teaches in the Hatha tradition with humor and compassion. She is enchanted by the subtle connections between the breath, body, mind, and emotions; and encourages her students to use the practice as a way to find deep healing and transformation.



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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. She teaches and coaches writers.



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Writing & Yoga, with Cheryl Fenner Brown & Eleanor Vincent

Register online at: www.uptownyogastudio.com.

Or fill out form and mail check to: Uptown Yoga Studio, 464 19th Street Suite 207. Second Floor Oakland, CA 94612

Name: _____

Phone: _____

Address: _____

City, State, Zip: _____

Email: _____

Please indicate the sessions you would like to attend:

\$50 for single session, \$100 for two sessions or \$125 for the entire series.

- Centering & Creativity (March 13) Focus & Feeling (April 17)
 Voice & Vision (May 15) Entire Series

You will receive an email before the first session with details about the workshop. If you have questions, please contact Cheryl at (510) 290-2641.

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