



The Piedmont Yoga Studio is pleased to present:

BREATHWORK ENERGY HEALING

A WORKSHOP WITH STEPHANIE JONES

Experience the peace, joy and freedom within you. We will use a simple yet powerful breathing technique to quiet the mind and get energy moving through the body to clear deeply held blocks and unhelpful thought patterns. Feel the power of love. Discover your true self.

“Within five minutes, we feel practically drugged”
– Vital Juice

“Reach euphoric highs and maybe even cry like a baby”
– Daily Candy New York

“Ignite energy, clear your mind and fully release from the inside out”
– Time Out

“I have no problems. Every problem is solvable. How could I not have known this before?” – Private Client

“It was a true blessing to experience such an amount of liberation from the cacophony of life junk that I’ve held in my body.”
-- Workshop Participant

Playlist will include Seal, Anya Marina, Beyonce and James Blunt.

Saturday, August 14, 2010
3:00-4:15 pm • Studio 2
all levels welcome
\$25 before Aug. 7 **\$30** thereafter

PIEDMONT YOGA STUDIO
3966 Piedmont Avenue • Oakland, CA
510-652-3336
www.piedmontyoga.com



Stephanie Jones trained with David Elliott, author of *The Reluctant Healer*. She designed and launched Breathwork Meditation classes at Crunch gyms in NYC. She now teaches at the Union Street location in San Francisco. She has also taught at Golden Bridge and Lululemon. Her B.A. is from Yale. For private breathwork healing sessions, call 571-643-3143 or email stephanieannjones@gmail.com. stephaniejones.vpweb.com

Registration: Breathwork with Stephanie Jones

Fee: \$25 before 8/7, \$30 thereafter, Saturday, August 14, 2010 • Studio 2 • 3-4:15 pm

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State/Zip _____

E-mail address (if we do not have it yet—to receive notices about workshops/events) _____

Make check payable to Piedmont Yoga Studio and mail with this registration form to :
Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611