



The Piedmont Yoga Studio is pleased to present:

YOGA IS DEEP MEDICINE:

A WORKSHOP WITH SUSY STEWART AND BILL STEWART, MD

Yoga is Deep Medicine: A health-creating workshop integrating the practices and wisdom of yoga with those of contemporary medicine. Asana practice will be combined with medical knowledge and metaphor in the pursuit of balance, flexibility, and strength of body, mind, and spirit. Gain a new understanding of “health reform”, “health plan”, “self-care”, and “self-study”, as we learn how to harness the source of our healing power with our yoga community.

Finding the source of your healing power does not depend on the latest diet book or exercise fad. Rather it is in engaging one’s inner realm and mining the wisdom and power within. That is where the will and energy to eliminate “bad habits” and foster constructive behavior reside. The common pathway toward health and healing is gaining the knowledge and skills to initiate and sustain desired change in one’s life.

Recommended reading: Deep Medicine: Harnessing the Source of Your Healing Power, by William B. Stewart, MD, available from Amazon.com.

Praise for Deep Medicine...”The human spirit is always reaching for the reclamation of its well-being. Deep Medicine offers a compelling invitation to a process and a way of thinking by which we can choose to make that our experience and our reality.” Angeles Arrien, Ph.D.

“When it comes to our health, our choices are often our destiny. In Deep Medicine, Dr. Stewart supports our choices with the skill of a surgeon and the wisdom of a healer.”

Rachel Naomi Remen, MD, professor and author of Kitchen Table Wisdom.



Susy Stewart began her study of yoga more than 30 years ago. Her yoga practice has been fueled by several trips to India where she studied with the Iyengars and followers of Sri Aurobindo. Her principal teacher is Manouso Manos. Mature yoga students and beginners alike will benefit from her holistic perspective, sensitivity and experience.

Bill Stewart, MD, is the founder and medical director of the Institute for Health and Healing at California Pacific Medical Center in San Francisco and author of Deep Medicine: Harnessing the Source of your Healing Power. He is a long time student of Iyengar yoga.



Saturday, June 19, 2010
2:00-5:00 pm • Studio 2
all levels welcome
\$60 before June 12 **\$75** thereafter

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

Registration: Yoga is Deep Medicine with Susy Stewart & Bill Stewart, MD

Fee: \$60 before 6/12, \$75 thereafter, Saturday, June 19, 2010 • Studio 2 • 2-5 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