

# Retune, Restore, Rebalance

January 7, 2012

2:00 p.m. ~ 4:30 p.m.

The holidays can be a hectic time, taking their toll on our bodies and minds. The stress of the holidays can cause our systems to get “out of tune”. Just like everything around us, we are vibrational beings. When we feel sluggish, agitated, or out of sync it is a sign that we need to retune our bodies and spirits. In this workshop, Mary will lead you into restorative postures that support each chakra energy center. While in the postures, she will offer you Young Living Essential Oils and perform Tuning Fork Therapy on each chakra to create a sense of balance and harmony. This workshop will leave you feeling refreshed and serene, ready for 2012!

*Workshop cost: \$50 at the door*

*If registered and paid by January 1, please pay only \$45*



*Register at: [www.yogaview.com](http://www.yogaview.com) or call 847-919-0533*

*1231 Green Bay Road, Wilmette*



Mary has been teaching yoga since 2005 and is currently completing a 500 hour teacher training program. She is also a Certified Tuning Fork Therapist© and a distributor of Young Living Essential Oils. Mary combines these healing therapies to provide a blissful yogic experience. To learn more about Mary please visit her website at [www.maryscudella.com](http://www.maryscudella.com).

