

# The Art of Personal Yoga Practice

with  
**Fran Ubertini**

**Those of us who love attending  
yoga class, teach yoga or just want  
to learn more about yoga  
This workshop is for YOU.**

We will explore

The different energetic qualities of practice  
Yoga tools (breath, movement, sound & meditations)  
that serve our needs

Learn to develop a short practice to do at home  
Refine understanding of how to sequence postures  
How to deal with stress & maintain well-being

**All Students Welcome!**

**Saturday January 17, 2009**

**1 pm to 5pm \$60.00**

credit cards accepted



Yoga for Well-Being  
905 Pennsylvania Ave  
Matamoras, Pa 18336

845-651-9642

[www.yogaforwellbeing.org](http://www.yogaforwellbeing.org)

Fran Ubertini, ERYT 500 is Director of Yoga for Well-Being and certified Krishnamacharya Healing Yoga Foundation Teacher Trainer. She teaches workshops and trainings locally and nationally while maintaining her group and private sessions. She continues her studies with Sonia Nelson of the Vedic Chant Center in New Mexico.