

# *Hatha Yoga in Clintonville - Welcome to ShivaShakti An Integrated Approach to Yoga*

Deepen your connection to your self and your body through the deep and profound exploration of the healing and rejuvenating effects of yoga. Through the experience of yoga postures in alignment, breathing techniques, meditation, and relaxation in a safe, nurturing environment, you will experience renewed energy, calmness, and an increased sense of well-being.

**WHEN:** Winter Session (8 weeks) 1/10 – 2/24, 2012  
Tuesday mornings (all levels) 9:15am - 10:45am  
Winter Session (8 weeks) 1/11 –2/25, 2012  
Wednesday evenings (all levels) 5:45pm-7: 15pm

**WHERE:** Center for Wholeness (*teaching schedule is also on the Center's website – [www.cfwohio.org](http://www.cfwohio.org)*)  
3408 Indianola Columbus, Ohio 43214 (One building north of the intersection of Oakland Park and Indianola in the Clintonville area)

**COST:**       **Members**  
                  \$78.75/7 week session (67.50/6 week session)  
                  \$14.00/class (drop-in, if space is available)  
                  **Non-members**  
                  \$87.50/7 week session  
                  \$15.00/class (drop-in, if space is available)

*The all-level classes are structured to accommodate all skill levels from beginning to advanced.*

ShivaShakti Synthesis yoga teacher training and Shiva Shakti Yoga are whole body approaches to yoga developed by Janice George. Janice is an LISW and registered Yoga Teacher (RYT-E) and Yoga Therapist, who has been teaching yoga for 20 years. Her major influences include Kripalu, Integrative Yoga Therapy, Doug Keller, Richard Miller and Iyengar. She offers yoga classes, individual yoga therapy sessions and Yoga Alliance accredited Yoga Teacher Trainings. For further information please contact Janice at [janice@shivashaktisynthesis.com](mailto:janice@shivashaktisynthesis.com) or 614-262-6634.