



INTRODUCTORY OFFER

Try Embodiment® Yoga Therapy

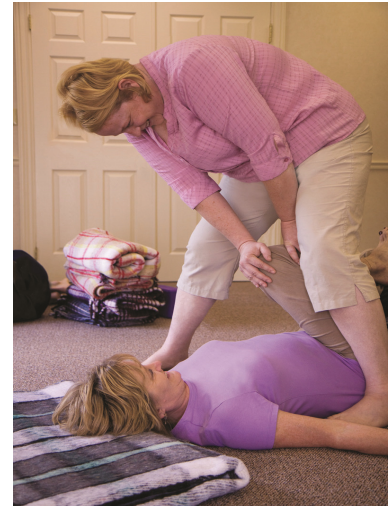


Photo used courtesy of Svaroopaa Vidya Ashram

Can you carve out an hour a week for yourself?

What's Embodiment®?

Embodiment® yoga therapy is a highly effective, hands-on healing modality that creates a release of core tensions in your body. Your 50-60 minute embodiment® session reaches in to areas of your spine that you can't quite access with poses, and creates a release of tension that is equivalent to 5-6 yoga classes.

Why Embodiment®?

If you have injuries or chronic pain, this is a gentle and powerful way to help alleviate pain and speed healing. If you have stress, anxiety or depression, Embodiment® yoga therapy helps alleviate tension in your mind and body, moving you towards a state of ease, clarity and optimal well-being. It's like a massage from the inside out!

Your Commitment

Four sessions in four weeks \$250
(regular package price \$320)



Kelly Sharp, Certified Svaroopaa® Yoga Teacher

Kelly found *Svaroopaa*® Yoga shortly after her move to the beach in 1999. The changes in her body were profound within the first few classes. More significant however, were the changes in her mind. After two years of taking classes regularly, Kelly entered *Svaroopaa*® Yoga teacher training. She completed the initial 500 hours of teacher training in October 2003, and has been teaching yoga ever since. Kelly has achieved certifications as an Embodiment® Therapist and a Vichara Therapist – healing modalities that are offered in private yoga therapy sessions – as well as a Meditation Teacher, ½ day Workshop Teacher and a Leading Teacher, resulting in over 1000 hours of training.

Contact Kelly to schedule your sessions ~ 302.228.0098 ~ Kelly@rehobothbeachyoga.com