



# Improving your Posture, Energy & Mood with Yoga.

with Stephen Saunders; Certified Yoga Therapist. LMT

Sat. June, 17<sup>th</sup> 2017 from 1:30pm - 4:30pm.

Tulsa Yoga Therapy Studio; 3315 E. 33rd St. Tulsa

Our posture is shaped over time by many forces. The hours we spend at work and play, past injuries, attitudes, emotional experiences, and even the quality of our thoughts give shape to our physical, mental and emotional postures. Over time these postures become very limited and restrictive.

Our current posture is the physical reflection of our past, manifesting in the present. The shape of our posture affects how we breathe, and how we breathe then affects how we feel, think, and move. People we meet base their first impression of us on how we present ourselves.

Changing how we inhabit our body, mind and heart in present time, will shape the posture of our future. Going forward, any positive change in our posture will produce a more positive state of mind, elevating our mood and energy levels.

We will learn some simple techniques and strategies that increase efficiency in how we stand, move, feel and think. Practicing a variety of effective yoga poses can positively transform our posture, increase our available energy, and elevate our state of mind.

All workshops and classes are beginner friendly

Registration for the "Improving Posture" workshop on Sat. June, 17<sup>th</sup>. 2017

A \$20 deposit saves your space. Workshop total is \$50

Name \_\_\_\_\_

Phone / Email \_\_\_\_\_

Any special needs? \_\_\_\_\_

To register mail the above form to Stephen Saunders 207 E. 27th. St. Tulsa, Ok 74114  
call 918-605-6508 or email [stephenyogi@yahoo.com](mailto:stephenyogi@yahoo.com) Stephen is an experienced yoga therapist/teacher with  
21 years of extensive training in the application of Yoga as Therapy, Anatomy, Body Reading & Massage.  
He continues to be excited by the profound changes that the practice of yoga can bring to all  
aspects of an individuals life regardless of circumstances or condition.