

YOUR PERSONAL MANDALA... ...FROM THE OUTSIDE IN & THE INSIDE OUT



Dates: Tuesdays, 2/17, 2/24, 3/3 & 3/10

Time: 6 pm – 8 pm

Location: 1600 Lena Street, F-2,
Santa Fe, NM 87505

Cost: \$264, paid in advance to reserve your place in this class of 6 participants

Nurture your awareness of the multi-faceted nature of your own personal mandala through this 4-week intensive workshop presented by Jennifer Morrison and Jane Ellen.

From the outside in, Jennifer's personalized yoga instruction will facilitate participants in expanding their relationship with the Conscious body. Her presence with students allows a creative space for individual expression and needs. Jennifer understands that, "Over time, the physical practice begins to replicate itself at deeper levels, within both the body, and the mind. Yoga is a natural facet of personal health."

From the inside out, Jane's personalized flower essence blends and individualized support will enhance each participant's relationship with their Emotional and Intuitive bodies. Jane explains, "When we receive deeply resonate, skillfully chosen flower essence blends, we are blessed by a subtle yet powerful stirring from deep within. This internal movement encourages us to stand in fuller, truer relationship with Self."

Beginning Tuesday, February 17, from 6:00–8:00 pm, six women will gather together with Jane and Jennifer for this unique and meaningful experience in the beautiful healing office space of **Transitional Integration** at Lena Street Lofts in Santa Fe. Participants will want to wear comfortable clothing that allows ease of movement. All yoga props will be provided.



Jennifer was introduced to yoga in 1994 and has studied extensively in Mysore, India and throughout the U.S. She approaches her practice with devotion, curiosity and joy, and teaches with a commitment to cultivate awareness and find the connection of yoga to personal healing. Her classes inspire students with a gently challenging practice grounded in tradition and the appreciation of form.

Jennifer is also a practitioner of Structural Integration (The Rolf Method). She received her certification in 2002 from the Guild for Structural Integration in Boulder, Colorado, and is continuing her education in CranioSacral Therapy.

Jennifer currently lives and teaches in the beautiful high desert mountains of Santa Fe, New Mexico.

Jane received her training with the Flower Essence Society (FES) in 2003, and is nearing the completion of her certification process with them as well. She has several articles featured on their website, including Plant Study on White Yarrow, Flower Essence Selection Process with Clients, and The Use of Flower Essences in Hospice Care.

In addition to a private practice in Santa Fe, Jane offers phone sessions to clients throughout the U.S. She has twice been a guest lecturer on INTUITION at Macalester College in St. Paul, Minnesota, and also draws from her background in polarity therapy, mediation, non-violent communications, and Hakomi Integrative Somatics for trauma recovery.



For more information, and to reserve your place in this workshop, visit Jane's website at www.TransitionalIntegration.com, or Jennifer's website at www.ashstangasantafe.com , or call 505-988-9630.