

Please detach and mail with check to:
Savage, Maryland 20763.
Make check payable to: Chakana, Inc.

Shamanic Healing Institute, 8600 Foundry Street, Suite 214, Box 2011,

NAME: _____

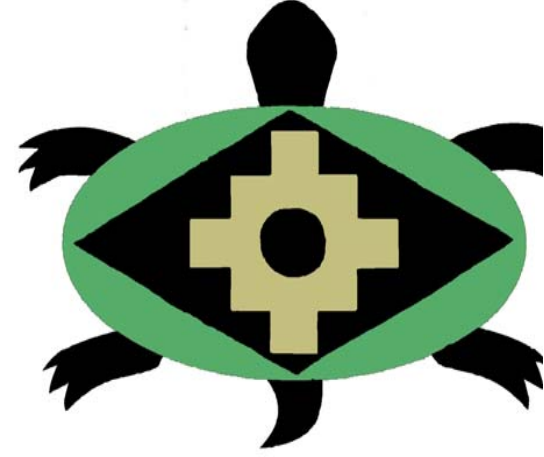
ADDRESS: _____

PHONE: (Daytime): _____ (Evening): _____

Email address: _____

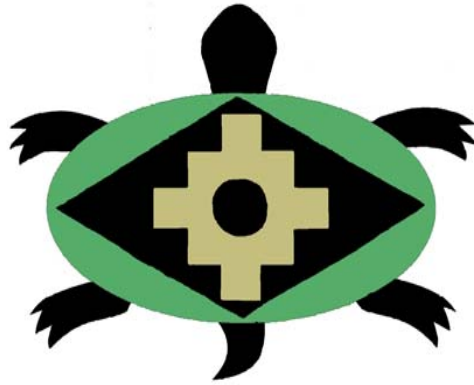
Shamanic Healing Institute
8600 Foundry Street
Box 2011
Savage, Maryland. 20763

SHAMANIC HEALING INSTITUTE



Helen Resop
R.Y.T.
Yoga Series

www.shamanic-healing.org



Shamanic Healing Institute

The Shamanic Healing Institute (SHI) is pleased to offer two Sivananda Yoga Series presented by Helen Resop.

Helen Resop, R.Y.T, is a certified Sivananda Hatha Yoga Instructor and Shamanic Practitioner. Ms. Resop has studied Yoga Therapy with Mukunda Stiles; Chakra Balancing with Arlyn Kline, Zen meditation and Buddhism. Ms. Resop has been trained by Ecuadorian shamans from the rainforest and Yakchak shamans from the Andes. Ms. Resop has worked as a teacher, principal and facilitator. Her talents combine to produce an awesome and unique experience for all.

The mission of the Shamanic Healing Institute is to heal and teach people through individual spiritual healing sessions, workshops, retreats, practitioner educational programs and products.

SHI was founded by Paul M. Sivert, L.C.P.C. SHI provides healing services using techniques selected by the Shaman for their effectiveness and synergistic effect for each client.

Yoga/Meditation Class
Wednesday Evenings, 7:00 pm-8:30 pm: Five (5) Classes

May 17, 24, & 31, 2006, and June 7 & 14, 2006.

Fee: \$70.00

Combine the physical benefits of Hatha Yoga with the peace inducing practice of meditation. Each class includes guided asanas (body poses) designed to increase flexibility, tone, strength, and structural alignment; and breathing practices designed to quiet the mind. Together breathing practices and asanas prepare the body and mind for the final 20 minutes of class which will be spent in quiet meditation. This session is for those new to yoga/meditation, as well as those who have experience and wish to develop their practice in a structured, nurturing environment.

Yoga Class
Saturday Mornings, 9:00 am -10:15 am: Four (4) Classes

May 20 and 27, 2006, and June 3 & 10, 2006.

Fee: \$57.00

This session introduces classical hatha yoga postures and extends those postures to increase strength, flexibility, tone, and structural alignment. Emphasis is always on honoring the body and its needs. As the session progresses, breathing practices are introduced deepening the yoga experience and helping to create inner calm.

Please prepare:

Wear comfortable clothing with room to move and stretch. Come with a relatively empty stomach.

You should not eat at least 1_ hours before class. Yoga mats are provided.



Helen Resop, 2005.

Prepay at SHI's Peruvian Market Suite 204 Carding Building. Make checks payable to Chakana, Inc.

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