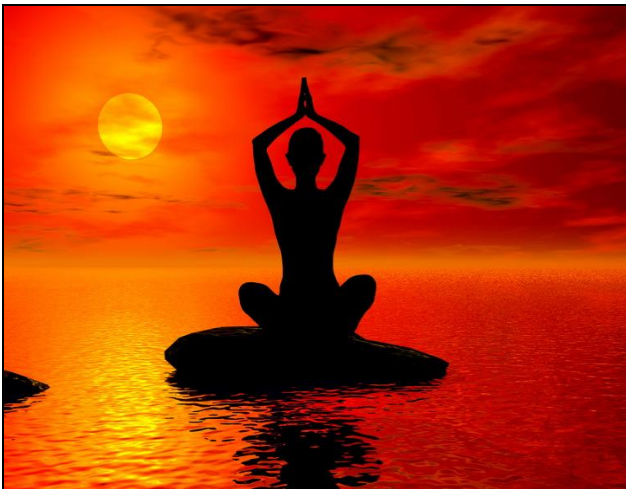


Healing Write: A Yoga and Writing Workshop

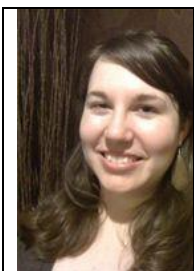


Date: March 4th, 2012
Time: 2 – 5pm
Cost: \$ 40
Location: Simply Yoga Studios
598 Wharton Blvd
Exton, PA 19341

As we enter into the late stages of winter we often look for ways to transform with the first bloom of spring. Yoga creates union with mind, body and spirit. Visualization enables a deeper understanding and connection with our true self, while writing brings light to our sub-conscious and creativity to processing our journey.



Unroll your mat and untangle your mind as you are guided in gentle yoga poses and visualization exercises that will merge traditional healing practice with creative free-writing exercises. Sharing your stories and experiences is encouraged but not required. Please bring a journal, pen/pencil and yoga mat. Yoga mats available if needed. For more information, please contact Jillian at Jillian.M.Fragale@gmail.com or visit our website at www.simplyyogastudios.com.



Jillian Fragale, 200 Hr RYT and local writer teaches Forrest Yoga and Yoga & Meditation at Simply Yoga Studios. Jillian's healing path has been influenced through the creative outlet of writing and therapeutic yoga. Jillian encourages the personal growth of her students with support, respect and compassion. Her work has been published in *Alligator Juniper* and *plain china*.