

Journeying Toward Wholeness with Julie Russell

**Sunday, January 27, 2013
9:00 a.m. - 5:00 p.m.**

\$65 Early Bird Price prior to January 12, \$80 after



Exploring the profound aspects of breath, meditation, yoga asanas, qi gong, self-Breema and The Painting Journal™, opens further the inner path toward healing, revitalization and clear vision. Choosing a journey toward wholeness enables teachers and participants to share with others the experience and insights from "embracing the tiger" of his/her own life. Julie will introduce these practices and creative experiences which will be woven into a day of laughter, quiet, movement, reflection, learning and inspiration. Bring a "beginner's mind", a small sketch book, and breathe easy! Bring food to share for a working lunch.

Cora Wen says, "Julie is the personification of creating your unique voice and style in teaching and living your yoga. Her volunteer work with Gilda's Club and teaching yoga in the mens prison, along with her classes in yoga, Tai Chi, Self-Breema, and The Painting Journal™, make her a one-of-kind inspiration to both students and teachers."

Contact Linda Mills to register: EZwellnessLM@comcast.net or mail check to: Studio Mills, 406 N. Main Street, Kingston Springs, TN 37082