

Yoga & Sound Healing Workshop

with Ellen Pfeffer



Saturday, May 9, 2009

1:30-4 pm

Sacred Spaces Yoga Center

325 Main St., Metuchen, NJ 08840

732-494-1510

www.mysacredyoga.com

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Move, breathe and relax! This unique yoga and singing bowl sound experience will unite you with your very own Haven of Tranquility.

A wonderful opportunity for all levels to experience the healing power of yoga postures, breath, sound and meditation.

After the workshop, participants are invited to learn to play Tibetan Singing Bowls and Japanese Rin Gong.

Registration: \$40 per person for early sign-up; \$45 per person at the door.



Ellen Pfeffer

About the Teacher

Ellen is a passionate and dedicated student of the Yoga tradition. She has studied and practiced with Raji Thron (Yoga Synthesis™), Erich Schiffmann (Advanced Teacher Training), Dharma Mittra (Classical Hatha Yoga), T.K.V. Desikachar (Viniyoga), Richard Freeman (Ashtanga Vinyasa), Jonas Westring (Thai Yoga Bodywork), Joseph LePage (Integrative Yoga Therapy), Angela Farmer, John Friend, Ana Forrest, Shiva Rea, Kali Ray (TriYoga™) Max Strom, Aadil Palkhivala (Senior Iyengar Teacher), and other inspiring teachers.

Ellen's Vinyasa approach uses breathing in relationship to movement and stillness as the foundation of yoga practice. She interweaves elements of active, passive and Restorative Yoga with intuitive awareness and alignment principles to create a unique and fulfilling yoga experience.

In June 2004, Ellen completed a Restorative Yoga Teachers' Training with Sudha Carolyn Lundeen at Kripalu, in Lenox, MA. In May 2006, she participated in an Intermediate Teachers' Training with Aadil Palkhivala, in Bellevue, WA. Ellen holds certifications from Yoga Synthesis™, Shri Yogi Dharma Mittra and Kripalu Yoga, and is registered with Yoga Alliance.

For information regarding Masala Yoga Classes , Workshops & Retreats, & Masala Restorative Yoga Teachers' Training, please visit www.masalayoga.com, or call 973-226-4455.



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