

Yoga in the Spirit of Vanda Scaravelli & the teachings of Diane Long with Brooke Welsh

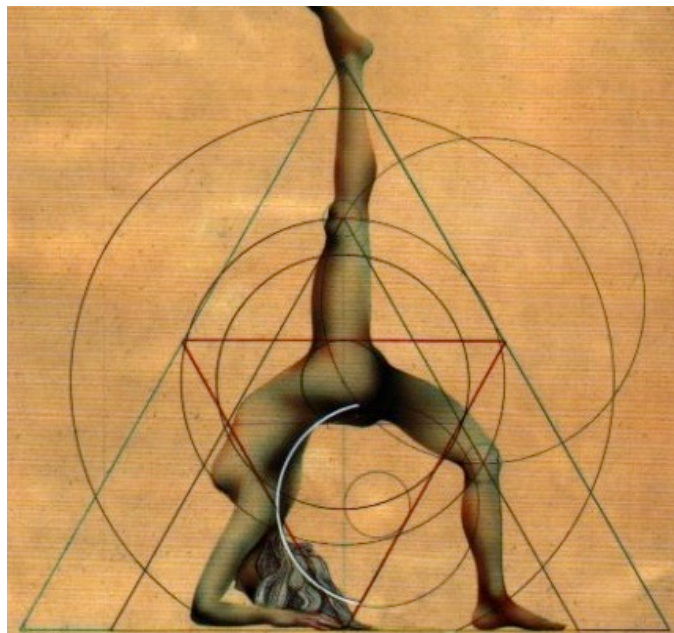


**Sunday, December 18,
2-4pm, \$25/class**

Cerca Trova Yoga, 2124 Darby Rd., Havertown

For Registration & Information Contact Sharlene
cercatrovayoga@verizon.net or call (610) 203-4141

This deep and gentle approach to yoga uses awareness and attention in the asanas to undo tension and discover more wholeness of movement through the body. You will experience a different strength, greater freedom, more ease, and increased vitality in your body. Brooke offers teaching to those with all levels of experience, even those new to yoga. Her classes are personalized and hands on. This approach to hatha yoga is inspired by the practices of Vanda Scaravelli, author of "Awakening the Spine" and Diane Long - Vanda's main student for 23 years.



Brooke began practicing yoga in 1998, and has been teaching for nearly as long. Yoga quickly became a doorway that opened her up to discovering a multitude of mind/body healing modalities. Brooke met her yoga teacher, Diane Long, in 2000, and has studied with her ever since. The cultivation and refinement of her studies and practices have revealed themselves to be as much of a journey as her life is. It is from that place which she extends her offerings and teachings. Brooke is certified Massage Therapist and a Rebirthing Breathworker. Based in Philadelphia, she travels, teaches and studies around the world. She utilizes yoga, breath and bodywork to enjoy life more, uncovering integration and wholeness for herself and others. For more information visit www.brookeros.com.