

# Healing Yoga

## with Lisa Jansen

Healing Yoga This practice integrates meditation, pranayama, Yin and Yang Yoga Postures, and Therapeutic Yoga. Lisa's style is appropriate for all levels. Please join her for an afternoon that will bring you into deeper states of joy, peace, and harmony!



Workshop Dates: January 31st & March 21st

Sundays from 1:30 pm- 4:00 pm

Central Coast Yoga ( 900 Grand Ave, Arroyo Grande)

Cost: \$35 - Register by calling 805-474-8876 to reserve your space

Lisa began practicing yoga in 1984 and began Teaching in 1998, opened her private practice in 2001. She holds certifications through Yoga Alliance 200 Hour, Cranio Sacral Therapy Upledger Institute, Reiki levels 1, 2, and 3, and Energetic Facilitation. She has studied in depth Yin Yoga, Yoga Therapy, Thai Massage, and Esalen Massage. She teaches throughout San Luis Obispo County, offers weekend retreats, and works with groups and individuals. Private Sessions are offered in Arroyo Grande and Santa Margarita. Contact Lisa by ph: 709-6437 or email: [innerchio8@gmail.com](mailto:innerchio8@gmail.com)