

# **YOGA – MEDITATION – RESTORATIVE WORKSHOP @ OHM Studio in Marion**



**Saturday, February 25<sup>th</sup> from 10:00 – Noon or  
Sunday, February 26<sup>th</sup> from 2:00 – 4:00 p.m.  
Cost is \$25 and you must pre-register, as space is limited.**

**(Email Nancy Bright [njbright@aol.com](mailto:njbright@aol.com) or call 319-360-1244 to pre-register.  
Make your check payable to Nancy Bright and mail it or drop it off to her  
attention at OHM Studio, 1060 7<sup>th</sup> Avenue, Marion, IA 52302.)**

**This workshop will provide you with:**

- **Inspirational guidance to identify your own unique beauty.**
- **Techniques to alleviate stress and tension.**
- **Nourishment to your body with a gentle yoga practice to open your hips, shoulders and lower back.**
- **Meditation to place you into a deep relaxation and centering of the mind.**
- **Restorative poses to open your heart and clear channels in your body promoting the natural flow of energy.**

Nancy Bright manages and teaches at the OHM Yoga Studio in Marion. She is an Anusara® Influenced Yoga Teacher with over 11 years experience practicing yoga. Nancy has attended many educational classes and has trained with John Friend, Founder of Anusara®, Marsha Nieland, Certified Anusara® Teacher and owner of Fusion Studio in Cedar Rapids, as well as many other Senior Anusara® Teachers.

