



SHIVASHANTIYOGA SCHOOL - STARSEED YOGA

165 Park Avenue (second floor)

Rutherford, New Jersey 07070

201-531-9642 (YOGA)

Gentle/Restorative Yoga Workshop

with Ellen Pfeffer

Saturday, November 22, 2008

2-5 pm

\$40 in advance - \$45 day of

Reconnect to the stillness within. This quieting, heart-opening Restorative Yoga mini-retreat explores a nurturing combination of gentle movement, passive and supported yoga postures, and meditative breathing practices designed to open, soothe and calm the entire system. The blending of these essential yogic practices creates the ideal environment for deep release, healing and rejuvenation.

Suitable for All Levels



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. She teaches in her own studio, Masala Yoga, in North Caldwell, NJ, and has assisted the Yoga Synthesis™ Teachers' Training since 2000. 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.

<http://www.shivashantiyoga.com> * info@shivashantiyoga.com