



soundyogastudio

feel. think. sleep. live. better.

6/20/09 Newsletter No.4

**Hi Everyone,**

I'm pleased to announce two new venues, beginning July 1<sup>st</sup>. My new **Restorative and Therapeutic Yoga\*** class at Yoga Desa will be an ongoing workshop in refining our relationship with the Nervous System. Thanks to **Mary-Beth and Brian Gibson** for including me in the Yoga Desa schedule. It's a beautiful quiet space, so come practice with us!

I am also subleasing space for **Individual Therapeutic Yoga at Layfield Physical Therapy\*\*** on Saturdays, and weekdays by appointment. The state-of-the-art equipment has been very useful in the classes for **Neurological Disorders**, and I look forward to designing a yoga therapy practice for your individual needs. Many thanks to **Susan Layfield** and all the PTs for offering Yoga Therapy as a complement to their practice.

For more information, and for my weekly schedule please, visit:

[www.soundyogastudio.com](http://www.soundyogastudio.com)

**The Restoratives** use blankets and bolsters to assist the body in deep relaxation for study of the breath. I always say the Restoratives are a perfect way to "cross-train" if you are a fitness buff. The nervous system learns to calm down, and we develop real mastery over the breath. If you are healing or preventing injury, we support the body to find pain free positions and hone the skill of introspection. The graceful movement sequences keep the joints fluid, and help us find ease and comfort in the practice of Asana.

We should all be able to derive maximum benefit from any form of exercise without fear of injury. In all my classes and private sessions, I create a supportive and informative

environment for you to practice safely, build vitality and look inward.

Namaste, and remember I am here for you,  
*Colleen*

**\*Restorative and Therapeutic Yoga**

Combining the healing postures of Restorative Yoga with gentle flowing sequences, this is a class for everyone!

Wednesdays, 10:45am-12:15

Yoga Desa - 120 N Topanga Canyon Blvd.  
(Pine Tree Circle Center) Topanga 90290

\$16-Single Class

\$140-Series of Ten

**\*\*Therapeutic Yoga at Layfield & Associates PT**  
**Let me design a healing and conditioning practice ideally suited to you.**

Saturdays/Weekdays upon request

Layfield and Associates Physical Therapy  
16101 Ventura Blvd., Ste 336

Encino, CA 91436

\$75 Single Session

\$400 Series of six

**ABOUT COLLEEN**

A lifelong Yoga practitioner and dedicated teacher, Colleen draws upon years of experience to provide sound therapeutic instruction. Colleen received her Yoga Teacher Training from Samata International Yoga Institute with Larry Payne, Ph.D., and Yoga Therapy Rx Certification from Loyola Marymount University.



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