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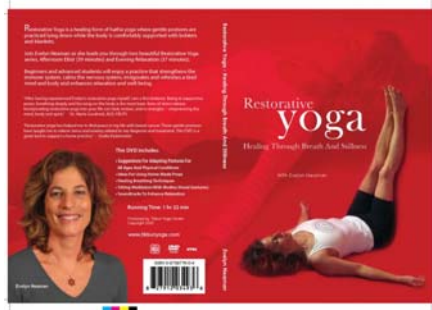
Organizational Health & Employee Wellness Specialists
Successfully Addressing Workplace Stress, Burnout & Trauma

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Build Capacity

Promote Resiliency

Increase Coping Skills



RESTORATIVE YOGA DVD: Healing Through Breath & Stillness

INTERACTIVE DVD

Evelyn Neaman, MA.
Publication Date: March 2006.
Price: \$19.99 (plus tax)

THIS INTERACTIVE DVD INCLUDES:

- Suggestions For Adapting Postures For All Ages and Physical Conditions
- Ideas For Using Home-Made Props
- Healing Breathing Techniques
- Sitting Meditation With Mudras
- Soundtracks To Enhance Relaxation

Restorative Yoga - Healing Through Breath and Stillness is a new interactive yoga DVD by well-known Vancouver Yoga Teacher Evelyn Neaman. This unique DVD features 4 powerful healing tools; simple yogic breathing, sacred sound, and mindfulness practices, coupled with gentle supported yoga postures.

Restorative Yoga is a healing form of Hatha yoga where gentle postures are practiced lying down while the body is comfortably supported with bolsters and blankets. Join Evelyn Neaman as she leads you through two beautiful Restorative Yoga series, Afternoon Elixir (39 minutes) and Evening Relaxation (37 minutes). Beginners and advanced students will enjoy a practice that strengthens the immune system, calms the nervous system, invigorates and refreshes a tired mind and body and enhances relaxation and well-being.

Evelyn Neaman, M.A., Director of Tikkun Yoga Center, has been teaching Restorative Yoga for 11 years through public classes, teacher trainings, and corporate yoga seminars.

"After having experienced Evelyn's restorative yoga myself, I am a firm believer. Being in supportive poses, breathing deeply and focusing on the body is the most basic form of stress release. Incorporating restorative yoga into your life can heal, restore, and re-energize-- empowering the mind, body and spirit."

Dr. Marla Guralnick, M.D.

"It may look like being dead to the world but it makes you intensely alert, using the powerful tools of yoga."
Vancouver Sun

"Beautifully done. Very informative."
Mickey Soudack

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