

Write straight into the emotional center of things. Write toward vulnerability. Tell the truth as you understand it.

-- Anne Lamott, *Bird by Bird*



An Integrated Approach to
**Writing &
Yoga**

with Cheryl Fenner Brown
& Eleanor Vincent

March 13 • April 17 • May 15
Saturdays • 1:00-4:00 pm

Developing a regular yoga or writing practice requires focus and commitment, as well as openness and flexibility. Yoga instructor Cheryl Fenner Brown and writer Eleanor Vincent have developed a unique series of workshops that combine yoga asanas and writing exercises to open your mind and body to new sources of inspiration and find a more fulfilling way to write from your center. For more information, please visit www.yogacheryl.com/writing.html, or www.eleanorvincent.com.

Centering & Creativity Workshop (March 13, 2010)

- Learn simple yoga postures to help you fully inhabit your body so you feel centered and grounded as you practice the art of "letting go." Writing exercises designed to silence the inner critic and encourage creative flow complement the yoga postures.

Focus & Feeling Workshop (April 17, 2010)

- Use heart-opening yoga postures to make writing more emotionally honest and balancing postures to increase focus and determination. Capture inspiration with mind mapping techniques and left brain writing exercises as you release your fears about writing.

Voice & Vision Workshop (May 15, 2010)

- Use chanting and vocalization to energize the throat chakra and activate your authentic voice. Learn hand gestures known as mudras to get in touch with your intuition and inner wisdom combined with writing exercises that help bring your authentic voice to life on the page.

Uptown Yoga Studio • 464 19th Street, Suite 207 • Oakland

Writing & Yoga Workshop Series

Cheryl Fenner Brown teaches in the Hatha tradition with humor and compassion. She is enchanted by the subtle connections between the breath, body, mind, and emotions; and encourages her students to use the practice as a way to find deep healing and transformation.



Eleanor Vincent's debut memoir, *Swimming with Maya* (Capital Books, 2004), was a finalist for the Independent Publisher Book of the Year Award. She received her MFA in creative writing from Mills College and has been a yoga practitioner for 20 years. She teaches and coaches writers.

Writing & Yoga, with Cheryl Fenner Brown & Eleanor Vincent

Register online at: www.uptownyogastudio.com.

Or fill out form and mail check to: Uptown Yoga Studio, 464 19th Street Suite 207. Second Floor Oakland, CA 94612

Name: _____

Phone: _____

Address: _____

City, State, Zip: _____

Email: _____

Please indicate the sessions you would like to attend:

\$50 for single session, \$100 for two sessions or \$125 for the entire series.

Centering & Creativity (March 13) Focus & Feeling (April 17)

Voice & Vision (May 15) Entire Series

You will receive an email before the first session with details about the workshop. If you have questions, please contact Cheryl at (510) 290-2641.

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