

# Creating Your Personal Practice

*Learn how deepen your practice and take it home*



With long-time yoga teacher &  
national retreat leader,  
Yogini Cathy Woods

## At Nurture Wellness Studio Bryson City, NC

**Saturday, Feb. 18      10 am - 2:30**

In yoga, our Personal Practice is called our “Sadhana”. This is a rich, sacred, growing time that you spend with yourself which extends far beyond *just yoga postures*.

Workshop is suitable for all levels, newcomers to seasoned yogis.

*“The practice of yoga & awareness is a never ending process.  
As we evolve, so does our practice.”*

**Cost: \$45.00      Pre-register by Feb. 15**

Call or e mail to reserve: 828-400-9616

[jackiebeecher50@gmail.com](mailto:jackiebeecher50@gmail.com)

About Cathy Woods Yoga go to: [www.cathywoodsyooga.com](http://www.cathywoodsyooga.com)

About Nurture Wellness Studio go to: [www.nurturewellnesstudio.com](http://www.nurturewellnesstudio.com)