

Embracing the Other

Partner Yoga and Writing Workshop

With Deborah Muller, RYT and Nyssa Hanger, MA, LMT

Join us for an exploration in the boundaries between self and other and experience the joy of conscious connection.

1pm-4pm

on

Saturday,
September 10th,
2011

at the

Bustillo Y Diaz
Cigar Factory
2111 N. Albany Ave.
Tampa, FL 33607



In this workshop, we will practice trust in the face of our vulnerability through partner yoga, writing and meditation. Whether you are looking to simply connect more with yourself, deepen your current relationships or learn to create new and satisfying relationships, you will find the tools presented in this workshop to help you in these paths. The experienced yogic master along with those new to conscious connection will both be enriched by this unique combination of body and mind practices.



You Will Experience:

- Writing as a tool of self-exploration
- Exploring the boundaries of self and other
- Exercises that open us physically and emotionally to ourselves and others

\$40 or \$75 with partner
Bring a friend and save!

Register online at www.upwardspiraltherapy.com.

Deborah, better known as **Deb**, has been practicing yoga for a little over 10 years ago. She is a registered yoga teacher and certified in first and second degree Reiki. Deborah has experience teaching a wide-range of students from children under 10 years old to people over 50 and all those in between, as she is inspired to spread the gift of possibilities that yoga has to offer everyone.

Nyssa has been using writing as tool for understanding the self for over 10 years. She has practiced massage therapy since 2005 and completed her degree in Religious Studies in 2010. She is the owner of Upward Spiral Therapy Inc., and co-founder of Door Stop Productions. In all she does, Nyssa is committed to helping others, and herself, to open our hearts.

Space is limited. Please register by September 1st.