

# MAX STROM WORKSHOP

Sunday, February 26, 2012

## Body Balance Yoga Center, Roseburg OR

10:30 – 12:30: Strength Grace & Healing

2:00 – 4:00: Learn to Breathe, Heal Yourself, and Your Relationships

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If you have not had the pleasure of traveling to experience a workshop with Max, he is visiting Roseburg to share with us!

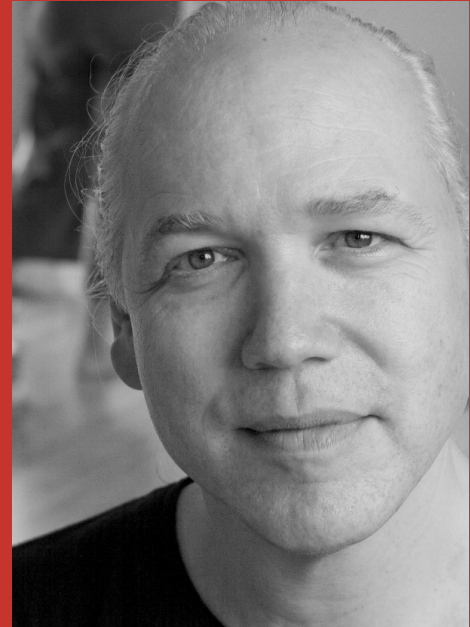
Please join us for one or both sessions.

All levels are welcome.

Cost: \$50 for one  
\$90 for both

Sign up for soup at Brix between sessions (\$10)

Workshop enrollment is limited. No refunds (transfers allowed).



### Strength, Grace, and Healing 10:30 – 12:30

The intent of yoga is not only to increase our strength and flexibility, but also to promote health and vitality. The next layer is to transform our behavior from coarse to gracious, and to transform even our very thoughts, from chaos to beauty. Experience Max Strom's unique prana-flow class, with emphasis on emotional transformation. Class will include a short talk, vinyasa-flow, non-dogmatic philosophy, breathing, and meditation.

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"When we are in pain, we become self-centered and myopic. When we heal, we become more empathetic, self-less, and sympathetic to the pain and welfare of others. It is our gift to others to heal ourselves." ~ Max Strom

### Learn to Breathe, to Heal Yourself, and Your Relationships 2:00 – 4:00

How does the way we breathe affect our stress level, quality of sleep, depression, and even our relationships? Breath penetrates, breath invigorates, and breath heals. The class begins with a lecture and then moves into simple but profound breathing exercises, and gentle movement. The effect of these done in sequence can lead to profound release and calm. Other benefits may include increased energy and mental clarity. Once people have experienced the power of their own breath, they understand why it is called Life force. Class will include a lecture, breathing exercises; very gentle breath-initiated movement, and meditation. Appropriate for all levels.

### Helpful reminders:

- Do not eat at least two hours before practice and eat lightly.
- Dress in loose fitting clothing.
- Arrive a few minutes early & leave your cell-phone in your car.
- Before class, inform Max of any injury or special condition.
- Breathing workshop is not advisable if pregnant.

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**Max Strom** teaches personal transformation and yoga worldwide and is known for inspiring and impacting the lives of his students. His methods address the internal, emotional, and spiritual aspects of our life, as well as physical healing. He is author of the book, *A Life Worth Breathing* [www.maxstrom.com](http://www.maxstrom.com)

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