

# *Moving Into Balance*

## *Ancient Tools for Dealing with Modern Life*

AN 8-WEEK STRESS-REDUCTION AND WELLNESS PROGRAM  
*with Manny Muros*

Moving into Balance is an eight-week program that immerses you in the study of meditation, yoga and Tantric philosophy. This comprehensive and integrated curriculum works with the mind, through the body, and in alignment with your spirit to increase your vitality, and bring greater peace and joy into your life.

Class meets one night a week, and is supplemented by home study and practice:

- Develop a supported daily meditation practice
- Experience the power of breathwork (pranayama)
- Explore the teachings of tantric yogic philosophy
- Learn to apply these principles skillfully in your everyday life.

We will work in a safe and supportive environment to cultivate the best that we have within ourselves and create a new foundation for a healthy and balanced life!

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*Manny Muros is the Director of the Yoga Center, Anusara-Inspired® yoga instructor and Thai Yoga bodyworker.*



**Class starts**  
**September 28, 2010**

**Date and time:**  
Tuesdays, 7:00 – 8:30pm

**Cost:**  
\$160 for 8 week series

**Registration:**  
Call 978-463-4354 or email  
[manny@newburyportyoga.com](mailto:manny@newburyportyoga.com)



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