

# Yoga for Women

a lecture based class



Wednesday  
Sept. 30, 5:30-8:30pm  
by donation  
all proceeds will go  
to the Women's Shelter  
of San Luis Obispo

## Emma Balnaves

**For Women Only** - The lecture will serve to introduce the yoga practices for women on how to cultivate shakti (internal power). It is during the three stages of a women's life - menstruation, pregnancy and menopause that the practices are adapted. Theoretical and practical information will be given based on asana and mudra. This lecture is an open discussion to give women the opportunity to ask questions. **Please bring a blanket to sit on.**

Suggested donation \$15. Check or cash in any amount will be accepted.

Please make checks to: Women's Shelter Program of SLO County

Emma Balnaves is a Shadow Yoga teacher. Her background studies include: Ayurvedic and Siddha systems of medicine of which she holds diplomas in Siddha Medicine and Thanuology (marma shastra). Emma runs workshops on Shadow Yoga, which also include special study programs for women based upon the above mentioned sciences. Emma has been travelling and teaching yoga internationally for eleven years. For more info about Emma

[www.shadowyoga.com](http://www.shadowyoga.com)



WOMEN'S SHELTER PROGRAM  
of San Luis Obispo County



*Serving homeless partner violence and child abuse victims*

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