

The RIGHT Way™ to Live

How to Develop Integrity & Deepen Inner Peace

This 4 hour intensive is for students who want to know how to start or enhance a yoga and meditation practice by learning simple methods that produce expanded spiritual rejuvenation and increased physical vitality. Tone Yoga is a blend of easy yoga postures with Eastern meditation practices, breathing techniques (pranayama), mantra chanting, and deep personal growth development.

You'll learn direct transformational methods that induce profound insights and relax your body and mind. You'll be able to do this style of yoga anywhere, anytime. By the end of the session you will have designed a customized, 10 minute daily ritual that you can immediately use to cultivate restorative routines for physical health, mental clarity, and spiritual well being.

You Will Know How To:

- *use the RIGHT Way™ method to develop meaningful attitudes and actions
- *unite your body and mind to experience your enlightened self
- *increase muscle tone for lifelong flexibility
- * have more energy at the end of your day

WHEN: Saturdays: March 1, April 12, June 14, August 2, October 4

It is recommended that the more serious students attend all five sessions. However, anyone can attend just one or as many sessions as they choose.

WHERE: Dr. Schillinger's home yoga studio, 4 Glen Drive San Rafael 94903

TIME: 9 a.m. sharp -- 1 p.m. **COST:** \$60 (please register and pay in advance)
(arrive by 8:15 am to find parking and register)

What Is Tone Yoga? Dr. Schillinger created Tone Yoga after 35 years of studying and organizing principles and practices from Eastern philosophy, transformational therapeutic body/ mind techniques, sound healing and quantum physics. He has helped thousands of people live with personal and spiritual integrity by converting their deepest virtues and values into positive beliefs and productive behaviors.

What Do I Need to Have? There will be mats and pillows if you do not have your favorites; bring water and light snacks; dress in loose clothing; bring a writing pad and pen. Most importantly, bring an open mind, a compassionate heart and a good sense of humor!