

**Explore body-mind-spirit practices to reduce stress and improve your health**

**Tuesdays in April,  
2008  
Santa Fe, NM**

► **Building a Personal Practice:  
Advanced Stress Management for Life**

*Body-centered practices build awareness, reduce stress, and just might change your life.*

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A personal movement or mind-body practice is the key to ongoing stress management. Sustained practice over time has been shown to lower blood pressure, increase energy and stamina, regulate weight, and improve quality of life. *Qigong* is an ancient Chinese healing art to direct or move (gong) energy (qi). *Restorative Yoga* is a deeply integrative practice which reminds the body how to relax.

*Qigong with Jaime Cobb*

Tuesdays, 7:30–8:30pm  
Rail Yard Performance Space  
1611 Paseo de Peralta, Santa Fe  
505-982-8309

*Kripalu Yoga: Restorative with Sarah Cutler*

Tuesdays, 5:30-7pm  
Santa Fe Community Yoga Center  
826 Camino del Monte Rey, Santa Fe  
505-820-9363  
[www.santafecommunityyoga.com](http://www.santafecommunityyoga.com)

**Sarah Cutler, R.P.P., K.Y.T.A #5181** is a Registered Polarity Practitioner, Cranial-Sacral Therapist, Certified Kripalu Yoga Teacher. Bodywork, and over 12 years of practice influence her fun, safe, and exploratory approach to yoga.

**Jaime Cobb, D.C., D.O.M.** has been practicing internal arts, both Japanese and Chinese, since 1980. He has been teaching Tai Chi Chuan, Qi Gong and other internal arts in Santa Fe since 1991 both in public classes and at the International Institute of Chinese Medicine.

This workshop is part of a series on Advanced Stress Management:

- Mindfulness and Health: A Day Long Stress Management Retreat (3/22/08)
- The Kitchen as a Mirror: The Tastes of Stress Management (4/9/08)
- Advanced Stress Management: An Introduction (4/23/08)

**To register for any of these workshops, email Sarah: [LaughingTreeSpace@msn.com](mailto:LaughingTreeSpace@msn.com).**

