

# Yoga for Menopause:

## A Path to Wisdom and Power

with Nancy Wilkinson, (55)

**Date: Saturday, August 15th**

**Time: 1-3pm**

**Cost: \$25**

**(members receive 10% off)**

**Register online or  
at the studio**



Find out how menopause can be a special time for physical, emotional and spiritual reassessment and loving care. Let us take responsibility for how we want to live the rest of our lives and honor who we are. This is a time when extra psychological, hormonal and spiritual support is invaluable, and we have a priceless gift to us from India—a rejuvenating, relaxing, energizing, revitalizing "fountain of youth" called yoga. With yoga we can balance our energies physically, emotionally and spiritually as we go through pre-menopause and menopause.

### **SOURCE YOGA**

**2712 N. 21st St. Ste. A**

**Tacoma, WA 98407**

**253-756-8066**

**[www.sourceyogaonline.com](http://www.sourceyogaonline.com)**

**Nancy Wilkinson** has taught theatre, English and creative movement for 32 years. She has a master's degree in Arts Education. Her Fulbright scholarship in India began her journey into yoga. Yoga has been a wonderful addition to her life and she enjoys sharing the benefits with her students. She encourages her students to greet everything with gratitude and to move and live from their core of peace.