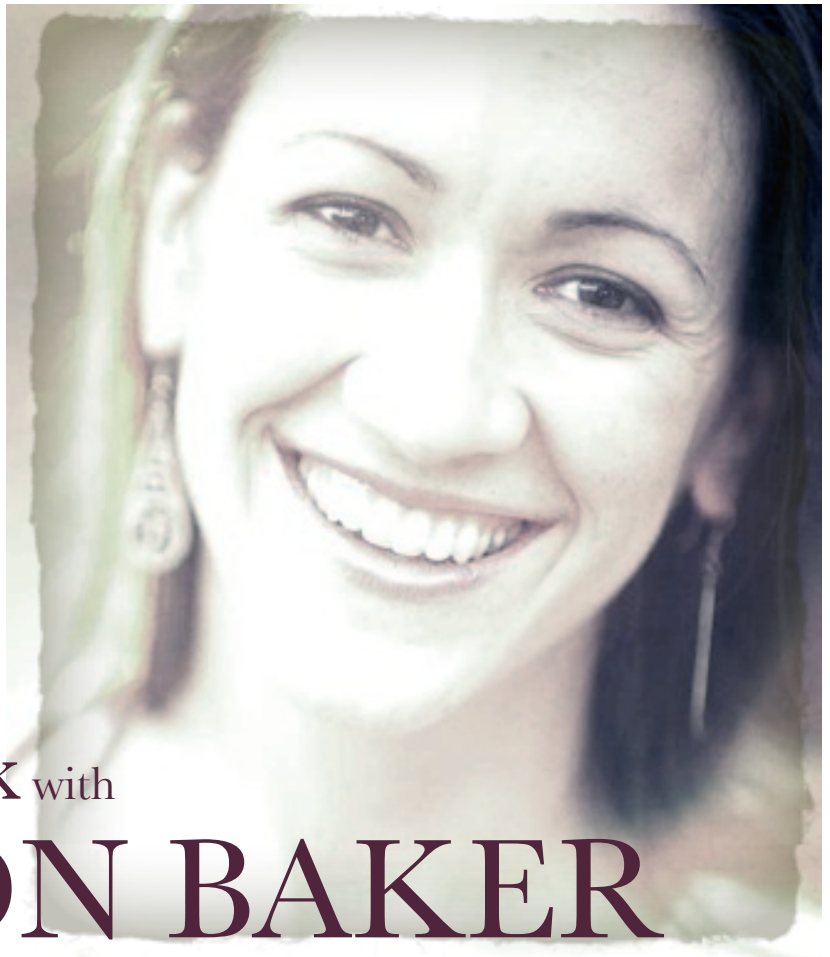


*"The body itself
is to reveal
the light
that is blazing inside
your Presence."*

- Rumi



therapeutic
yoga & bodywork with
SHANNON BAKER

February 18th- 27th, 2010
by appointment

OFFERING:

**60min or 90min private
yoga or bodywork sessions**

RATE:

\$108- \$81 *sliding scale

LOCATION:

**A New Way
1132 Herkimer St.
Houston, TX 77008
713.802.1139**

SCHEDULE A SESSION:

**contact Shannon
310.867.1420
liveyogalikeart@gmail.com**

MORE INFO:

www.liveyogalikeart.com

Shannon Baker has been intensely involved in yoga, healing arts, and her own conscious path of growth for over 10 years. Most recently, her interest in the mind-body connection expanded from her years of extensive yoga training and spiritual practice to encompass an education in bodywork, culminating in one of the highest credentials in the field, national certification in massage therapy (NCTMB status). She is a certified yoga teacher, ordained minister, and licensed massage therapist in CA and TX.

Dedicated to sharing a conscious, unifying vision of health, wellness, self-empowerment and fulfillment, Shannon works with individuals privately and also teaches workshops and

ongoing yoga classes throughout the Los Angeles area. Influenced by many master teachers, poets, philosophers, artists, and healers, Shannon's work is thus both art and science, "east and west", characterized by the effective and intuitive integration of various structural and energetic modalities paired with psychological and spiritual inquiry.

Whether offering yoga, massage, or counsel, the fundamental thread that weaves through and ties together Shannon's integral approach is her belief in the inherent goodness of each person and the healing process of coming to realize and embody this basic truth.

Private sessions are uniquely shaped based on the needs and goals of the individual. Therefore no two sessions are exactly the same, but instead, each honors and addresses the present moment. Yoga sessions primarily work with posture, dynamic movement, and breath, whereas bodywork sessions use massage, breath, and the therapist/client relationship as the means to facilitate positive change and well-being. During a session (yoga or bodywork), a client is coached through conscious breath work, cultivation of self-awareness, and when appropriate, emotional release. Altogether, this sets the stage for mindful transformation for the whole person: body, mind, and spirit.