

# write, *Aligned*

This autumn equinox as nature aligns, bring your creative and meditative practice into alignment with a yoga & writing workshop



## **yogah chitti vritti nirodha (yoga sutras)**

*"when the constant chatter of the mind is quieted through the practice of yoga the seer is established in his own true nature" creating the ability to write in alignment*

- guided writing exercises in a supportive environment to mine the creative silences within and create short fiction/memoir/hybrid pieces



Yoga: Shibana Singh

Writing: Shebana Coelho

Shibana has been dedicated to the practice of teaching and learning conscious movement ever since she can remember. She holds a Master's Degree in Nutrition, is a certified Ayurvedic Practitioner and Chef, a registered yoga teacher, lifestyle coach and personal trainer.  
[www.shibana1wellness.com](http://www.shibana1wellness.com)

Shebana Coelho loves to take people mining for their stories and help make them manifest. She is an award-winning writer/filmmaker whose work has been published in journals and broadcast nationally. She writes fiction, memoir, poetry, plays, directs film, dances flamenco and follows what calls.  
[www.shebanacoelho.com](http://www.shebanacoelho.com)

**Sun, Sept 22  
10 am to 5 pm**

**Location  
4236 Vuelta Colorada,  
SF 87507**

**Fee: \$108**

**LIMITED to 13**

### **PROGRAM**

10-11:15 am: yoga  
11:30-1:30pm: writing  
1:30- 2:40: lunch (on own)  
2:45-3:30: light movement  
3.45-5pm: write+  
group reading

**TO REGISTER, call (cell) 609-651-5840 or email**

**[shibana\\_s@yahoo.co.uk](mailto:shibana_s@yahoo.co.uk) ♦ [shebana@aol.com](mailto:shebana@aol.com)**