

**FOR IMMEDIATE RELEASE**

**Sarasota yoga studio owner and teacher, musician -Cheryl Chaffee- teams up with  
Therapeutic and yoga wellness expert-Amy Kraft**

Punta Gorda, FL-Cheryl Chaffee, owner of the Garden of the Heart Yoga Studio, [2888 Ringling Blvd](#), and Amy Kraft, co-creator of BoomerPlus®, a revolutionary health and wellness system for anyone seeking a healthier, more active lifestyle at any stage of the aging process, will present **Yoga Therapy and Mantra Music: a Workshop for Everyone** on October 13<sup>th</sup>, at The Yoga Sanctuary.—1pm-4pm

**Discover how music & yoga therapy can heal--** deep inside your physical, emotional, mental, and spiritual bodies-- to ignite your vitality, beauty & balance while reducing the effects of aging!

**Live music & chanting & song!**

**Music and Yoga Therapy for Everyone** began as an idea after Amy Kraft presented a BoomerPlus® Yoga Therapy training in Sarasota, FL. Cheryl Chaffee and Amy put their heads and talents together to develop a systematic roadmap of therapeutic yoga poses combined with healing mantras to move through all parts of the body, activating the 7 major chakras. It's a project that continues to evolve, expand, and grow.

**Cheryl says, “Why combine music and yoga therapy together to explore in sound and movement?** Chanting mantra is a powerful combination of words and music. We know that words hold power- they have the power to inspire, heal, encourage, comfort, calm, and enlighten. Sound also holds power- a sudden loud sound can make you jump, or a sweet piece of music can soothe your soul. When we combine the intention of the spoken word with the vibration of a musical note, we create song, which has the power to heal the body and the heart. Combined with the specific, therapeutic actions of alignment-based Hatha Yoga, the healing power of mantra is magnified and condensed into the specific part of the body being focused on...”

*The cost for the 3-4 hour workshop is \$45----Yoga Alliance CEUs for teachers.*

For more information, call or write

The Yoga Sanctuary

[www.theyogasanctuary.biz](http://www.theyogasanctuary.biz)

941-505-YOGA (9642)