



# Finding the Poem in Ohm

with Leslie Stampler, MSW

Licensed Clinical Social Worker (Ca. reg. #22713)

*A Yoga/ Expressive Writing Workshop  
for Personal Transformation*

**A** yoga practice provides us with the opportunity to explore more than just our physical presence in the world. It can allow us to delve into our beliefs, our truths and our desires. A writing practice also presents us with these opportunities and the combination of yoga and writing is a powerful force that can start you on the path of personal transformation and/or deepen your existing yoga or writing practice. In this workshop the interplay between movement and words will flow easily. Guided yoga postures and simple guided writing exercises will lead the participants to a place of balance, knowledge, awareness and joy. No yoga or writing experience needed!



**Sunday, September 12 ~ 1:00 - 4:00 PM**

Space is limited. Workshops fill up quickly. Workshop Fee \$40; \$35 if paid before 9/12.

Register by phone, in person or online! Space is limited! (Pre-registration strongly suggested.)



**L**eslie Stampler, MSW

*Licensed Clinical Social Worker (Ca. reg. #22713).* As a hospice social worker Leslie has had the opportunity to learn many amazing things, not just about dying but about living! She has studied and practiced holistic approaches to well-being and is passionate about words, music, yoga and spirituality. Eager to bring her insights to others, Leslie developed the Write and Seek program. This program facilitates the personal growth of its participants, helping them connect their creativity, increase their happiness and develop a greater awareness of who they are. Contact Leslie: 818.486.4515 or [www.WriteandSeek.com](http://www.WriteandSeek.com)

Leslie will donate a portion of the workshop fee to the Yoga Health Foundation, a non-profit organization dedicated to educating people about the benefits of yoga.

Yoga at the Village • 1306 Sonora (at Kenneth Road)  
Glendale, CA 91201 • 818-265-9833 • [www.yogaatthevillage.com](http://www.yogaatthevillage.com)