

BRINGING ANCIENT HEALING ARTS TOGETHER FOR MAXIMUM BENEFIT

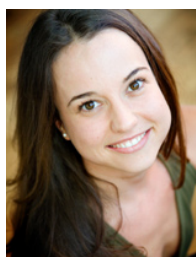
Sunday, Feb 14, 12–2:30pm
regular class fee plus \$15

valentine's day bliss



power vinyasa & acupuncture

Treat yourself to a juicy Power Vinyasa practice followed by a potent group acupuncture treatment with Tiffany Cruikshank. The acupuncture treatment is designed to rewire the nervous system, counteract stress, detoxify and nourish the cells and balance the brain and neurotransmitters. *Please note: Normal class rates apply for the Power Vinyasa class (12–1:30pm), \$15 for the group treatment (1:30–2:30pm).



Tiffany is the Acupuncturist for Nike's Global Headquarters here in Portland. She has been in the Holistic Health field for over 10 years, with several diplomas in nutrition and herbal medicine as well as a Masters in Acupuncture and Oriental Medicine. Combining her education and training in Acupuncture, Sports Medicine, Nutrition and Herbal Medicine, Tiffany created the Optimal Health Program, a system of looking at a person's whole body to help them achieve a personalized, vibrant state of health. Tiffany has been teaching yoga for over fourteen years and leads the Power Vinyasa Yoga Teacher Trainings at Yoga Pearl. Her approach to medicine is holistic and preventative using a variety of approaches to restore optimal health as you will see in her new book on Optimal Health coming out in 2010!

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