

*empowering*



*supportive*



*uplifting*



*calming*



## Pati Kearns

Pati Kearns, owner of Yoga Spirit, has been a professional yoga and meditation instructor for 12 years. Pati directed and taught the Hatha Yoga Program at the University of Nevada, Las Vegas for eight years and has taught at various private studios.

Pati has been blessed to study with some of the world's great masters. She holds advanced certification through Integrative Yoga Therapy, is a registered Yoga Alliance teacher, and is a Certified Reiki Master.

Please contact Pati Kearns at Yoga Spirit to arrange a private session or for more details about this and other programs offered.

*Please note: These programs are not intended to replace medical care. Yoga, meditation, guided imagery, and Reiki are not based on a particular religion and do not interfere with your religious views. These are universal principles that can be utilized by people from all walks of life.*

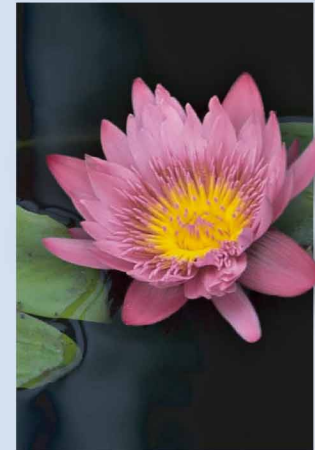
*Yoga  
Spirit*

Pati Kearns

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## *Ease your mind*

mind body spirit programs  
for those with cancer



*relaxation • harmony  
peace • well-being*

*transform anxiety and suffering  
into peaceful equanimity*

## Balance and Well-being

*We all need additional support and skills during the challenging times in our lives. Many have found deep relaxation, meditation, body awareness, and energy work to be supportive, uplifting, and empowering in the face of life's toughest circumstances.*

*Experienced instructor Pati Kearns offers individualized programs that are specifically designed to support patients with cancer. Pati's methods combine gentle yoga, meditation, Reiki, and guided imagery.*

*Whether you are experiencing physical pain or the mental overload and stress of illness, Pati's guidance will help you become more balanced.*

*A balanced mind is free from anxiety, fear, and worry. Many studies have shown the importance of having a calm mind to support healing on all levels. When your mind is clear, you begin to deeply experience profound states of relaxation and true well-being—even in the midst of your current situation.*

## Yoga

All yoga is not the same—a good yoga pose for one body could be harmful to another. The perfect yoga practice for one phase of your life might not be appropriate during another.

Pati's programs are based on extensive experience and an in-depth understanding of Integrative Yoga Therapy (and its application to specific health conditions).



Your yoga program will be appropriately adapted to your experience level and stage of health. Know that Pati is sensitive to the special needs of those undergoing treatment.

Take part in a heart-warming experience involving breath awareness and gentle movement suited for your mind and body at this time. Use the experience to help clear your mind, energize your body, and enhance your life.

## Meditation

Let Pati guide you in meditation techniques designed to help focus and quiet the mind. Learn how to align your mind and relax into your true nature, the infinite well of peace that lies beneath your worries, pain, and anxiety.



## Reiki

Reiki is a form of energy work that can be extremely supportive. It is similar to laying on of hands. In a Reiki session, you remain clothed and rest in a quiet space while Pati's skillful hands transmit energy to you.

Many people have found Reiki to be beneficial in aligning the body's energy to create a sense of harmony.

## Guided Imagery

Guided imagery is a pathway to deep relaxation. With this technique, Pati will help you begin to deeply connect with and regain a loving attitude toward your body, heart, and mind.

While listening to the sacred sounds of Tibetan and crystal singing bowls, you will have the opportunity to rest deeply and experience a sense of inner peace.

