

y o g a k u l a <sup>TM</sup>

# Stepping Into the Divine Feminine:

## Heart-Opening Yoga & Integrative Medicine

with Sara Gottfried, MD and Sharon Ufberg, DC

Sunday, October 16 • 1:30pm - 4:00pm



**Sara Gottfried, MD**, is a Board-Certified Gynecologist, Certified Yoga Teacher and Integrative Medicine Physician. After graduating from Harvard Medical School, she completed her residency in OB/GYN at UCSF where she still serves on the teaching faculty. Dr. Gottfried has 20+ years of experience in integrative medicine

for women. Her training and experience has been pivotal in the development of her novel ideas about “evidence-based integration” of conventional women’s health with complementary and alternative medicine. She is both top-tier physician scientist superbly grounded in the latest data and a gifted healer. Her expertise is greatest in menopausal medicine, bioidentical hormones, prevention of breast cancer and issues of libido.

Dr. Gottfried is a life-long student of ancient healing systems such as yoga, botanicals and Ayurveda. At a young age she learned yoga from her great-grandmother and has practiced daily since 1989. After discovering that her night sweats worsened with her Ashtanga practice, she developed a remarkably effective approach to managing premenopausal and menopausal symptoms with a combination of yoga, and when needed, nutraceutical, botanical and bioidentical hormone support.

Dr. Gottfried feels blessed to have studied with yoga pioneers such as Ana Forrest, Shiva Rea and Patricia Walden, all of whom have greatly influenced her teaching.

Dr. Gottfried is author of the forthcoming book, *The Hormone Cure* (Scribner/Simon & Schuster)

Join the conversation on divine vitality at [SaraGottfriedMD.com](http://SaraGottfriedMD.com)

**Dr. Sharon Ufberg** is CEO and lead consultant for GoodAdviceWorks, the company she created to inspire and directly assist others to successfully achieve their goals and turn heartfelt dreams into reality.

As a senior health practitioner, Dr. Ufberg spent over 30 years in private practice specializing in hands-on chiropractic care, breath work, guided imagery and exercise rehabilitation. Licensed in both California and New York, she is an Adjunct Professor at Beth Israel Medical Center’s Continuum Center for Health and Healing in New York City. Dr. Ufberg has worked extensively in the collaborative interdisciplinary health care model helping people to to achieve wellness from the inside out. She is a passionate global women’s activist



and popular writer, particularly for the *Huffington Post* and as the health and wellness editor for *Napa Valley Life* magazine.

Dr. Ufberg hosts Wednesday Wellness Wakeup on KVON/KVYN radio and Alive and Kicking on NPR’s 51% radio. Dr. Ufberg is also the co-founder of Cancer Lifeline Specialists, a cancer advocacy company that educates

and empowers patients and facilitates consultations with the top conventional and integrative cancer experts worldwide. [www.drsharonufberg.com](http://www.drsharonufberg.com)

### YogaKula Berkeley

1700 Shattuck Ave. 2nd Fl.,  
Berkeley, CA

# yoga kula™

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Heart-Opening Yoga & Integrative Medicine @ YKBK  
with Sara Gottfried, MD and Sharon Ufberg, DC

*Sunday, October 16 • 1:30pm - 4:00pm*

**Do you feel stuck? Mired in stress, marching through your daily tasks, missing the bigger purpose of your story?**

Come find the inspiration of the Divine Feminine to step into your full power: open your heart, reclaim your health, engage actively with your body and access your deepest and most authentic wisdom.

Using heart-centered guided imagery and easily accessible techniques to self-nurture and self-heal, we begin to create wellness from the inside out. Learning to listen deeply to our own self helps us make the best choices towards a positive, successful and authentic life. Workshop includes a 90-minute yin yoga sequence plus guided meditation and integrative medicine jam session of women, divine hormones and heart.

Together, we will explore some of the archetypes of the Divine Feminine; including: Great Mother, Mystic/Intuitive Self, Active Initiator, and Dreamer, Visionary and of course, the Muse!

Walk away from our session with an open heart, and easy practices to embrace your Divine Feminine nature.

*From Dr. Sara Gottfried:*

I believe in evidence-based ancient wisdom. I believe in eating your leafy greens rather than popping synthetic pills. I believe in Ayurveda and integrative medicine. I believe in using yoga to cultivate your most vibrant vitality (and teach a workshop on it). I believe you deserve to feel sexy, ripe and delicious.

I believe the health issues unique to women have been shamed and minimized and mocked and caricatured far too long. There's no reason for women to be ashamed about menstruating or menopause or to be embarrassed about being women. I believe that needs to change. I believe in changing it. I believe in women. I believe in tending your flame. I believe that proactively managing and optimizing your health is your divine responsibility and path to personal power. I believe there's probably a reason you've lost your mojo and that reason is probably hormonal. And I believe you can – and should – do something about it. I believe in you.

## **YogaKula Berkeley**

1700 Shattuck Ave. 2nd Fl.,  
Berkeley, CA 94709  
510.486.0264

Register online at  
**[www.YogaKula.com](http://www.YogaKula.com)**

### **Cost:**

- \$40 one week in advance
- \$60 at the door