REHOBOTH BEACH YOGA

More Alive More Joyous More You

CANCELLED

Workshop with Yogeshwari Lissa Fountain, CSYT, RYT 500

May 2 & 3, 2015

Explore Your Body and Mind's True Potential for Expansive Joy and Centered Living

Yogeshwari leads you through a weekend of gentle but powerful backbend poses, designed to release the crunch in your low back by unfurling and lengthening your tailbone. As you age, you get more rounded over and contracted. Backbends reverse this by decompressing your spine. You'll look and feel younger, healthier, and more vibrantly alive. This weekend will also help you fine tune your body's alignments and the use of your abdominals, as well as centering you through discourses, chanting, and meditation. Discover a new lift and openness in your spine that will enable you to access great joy within, and grow into the fullness of your own Self.

Location:

Rehoboth Beach Yoga
20245 Bay Vista Road, Unit 101
Rehoboth Beach, DE 19971

Course Schedule:

May 2 -3, 2015 (9 am to 5 pm)

Course Pricing:

$245 if paid in full by April 4, 2015
$295 after April 4, 2015
$100 deposit to be paid upon registration

Refund policy:

Full refund (less $25 processing fee) by April 4, 2015
50% refund by April 25, 2015
No refund during the week immediately preceding this workshop

Svaroopa® Yoga

For information and to register:
Call 302-226-7646 or send e-mail to rehoyoga@verizon.net

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