

Yoga for the Road



Back by popular demand! Got travel plans coming up? Take your yoga practice with you, and see how much it improves your trip! Join Kelly for a workshop full of poses you can do in your tent, beach house, or hotel room.

Just because you're leaving home behind for a little while doesn't mean you need to leave your yoga practice too! Enjoy a fun afternoon and leave armed with lots of yoga for the road. This workshop is appropriate for students at all levels of experience.



Saturday, February 29 – 1pm-4pm - \$45

Please pre-register by contacting Kelly *via e-mail* Kelly@rebothbeachyoga.com *or call* 302-226-7646 and leave a message. Payment can be made the day of the workshop.

Kelly Sharp, Certified Svaroopa® Yoga Teacher

Kelly found *Svaroopa* @ Yoga shortly after her move to the beach in 1999. The changes in her body were profound within the first few classes. More significant however, were the changes in her mind. After two years of taking classes regularly, Kelly entered *Svaroopa*@Yoga teacher training. She completed the initial 500 hours of teacher training in October 2003, and has been teaching yoga ever since. Kelly has achieved certifications as an Embodiment® Therapist and a Vichara Therapist – healing modalities that are offered in private yoga therapy sessions – as well as a Meditation Teacher, ½ day Workshop Teacher and a Leading Teacher, resulting in over 1000 hours of training.

