



Embodying the Path of Yoga  
with  
Alexis Britton  
Bellingham, Washington

**Date:** March 6<sup>th</sup> and 7<sup>th</sup>, 2010

**Place:** 8 Petals Yoga  
**1317 Commercial, Suite 203**  
**Downtown Bellingham, WA**

**Time:** Saturday 9-12    Saturday 2-4    Sunday 9-12

**Cost:** Entire Workshop \$110.00  
Sat or Sun AM \$45. Sat PM \$30

**Description:** Having more fun, becoming more expansive and learning new and innovative ways to understand the meaning of being on the Yogic Path. Saturday morning will include therapy, adjustments and plenty of fun yoga to practice new techniques, letting go of restrictions that inhibit our flow. The afternoon will be an exploration of hip openers, twists and forward bends, ending Sunday with a full practice including Pranayama and meditation.

Contact for Registration  
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