

Embodying the Path of Yoga

with

Alexis Britton

Date: March 13th and 14th, 2010

Place: Woodlands Yoga Studio
25126 Grogans Park Dr.

Time: Saturday 1-4 Sunday 9-12 Sunday 2-4

Cost: Entire Workshop \$110.00

Saturday PM or Sunday AM \$45. Sunday 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 afternoon will include

therapy, adjustments and plenty of fun yoga to practice new techniques, letting go of restrictions that inhibit our flow. Ending Sunday morning will be a full practice including Pranayama and meditation.

Sunday afternoon will include the exploration of hip openers, twists and forward bends.

Contact for Registration

Vivian Howard

vivianhoward62@yahoo.com

281.292-8884

Registration Form: Cut and Mail Check payable to
Woodlands Yoga Studio, 21526 Grogans Park Drive
The Woodlands, TX 77380



Name: _____

Phone: _____

Email: _____