

YIN YOGA & CHANTING

WITH
ANNE VAN DE WATER

IN THIS WORKSHOP WE WILL EXPLORE THE DEEP SERENITY OF YIN STYLE YOGA, PASSIVELY HOLDING YOGA POSES FOR 3-5 MINUTES TO GENTLY STRETCH THE CONNECTIVE TISSUE, NURTURE THE JOINTS AND AWAKEN THE BODY'S ENERGETIC PATHWAYS, DISTRIBUTING VITAL LIFE FORCE ENERGY THROUGHOUT OUR ENTIRE BEING. THIS MEDITATIVE YOGA PRACTICE WILL PREPARE US TO PEACEFULLY SIT AND CONNECT WITH THE LOVE, LIGHT, GRATITUDE AND JOY IN OUR HEARTS THROUGH THE ECSTASY OF CHANTING.

DEVOTIONAL SINGING IS AN INTEGRAL PART OF BHAKTI YOGA - THE PATH OF CONNECTING TO THE SPIRITUAL HEART AND THE PRACTICE OF SURRENDERING OURSELVES TO THE SWEETNESS OF

PURE LOVE.

ALL LEVELS ARE WELCOME.

**SATURDAY
MARCH 7, 2009**

**1:00 - 4:00 PM
\$38**



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