

Breathe * Move * Awaken



Friday, May 6, 2011—5:45pm-7:00pm-seva yoga class

Saturday, May 7, 2011—10:00am-5:00pm-chakra class and workshop

Explore and discover what drives you and what blocks you....

unleash your power to make a difference now!



friday, may 6, 2011

5:45pm – 7:00pm—seva yoga donation only
all levels of practitioners welcome. exploring pranayama, movement
and simple meditation techniques. **class benefits Street Yoga**

saturday, may 7, 2011

10:00am-12noon—breathe, move, awaken

(2 hour asana) Deep, focused movement designed to ignite, open
and awaken each chakra. We begin with intentional meditation then
move from the ground up...releasing the density in the lower chakras
for a spiritual awakening in the higher chakras. The physical body is a
pathway to the subtle body...if we are to truly awaken to our purpose,
our passion, God's will...we must start with the physical body. Tight-
ness, tension and chronic pain show up because the body has been
holding onto something deeper than we can see with our eye. It's the
body telling us that something is out of alignment. Poses are held for
deep penetration into the tissues, structural realignment of the skeletal
system. Affirmations for each chakra will leave you feel rung out
after this class...a little sidelined potentially...but ready to make real
change for your life.

saturday, may 7, 2011

1:00pm—5:00pm—intro to the chakras (4 hour workshop)

This session which follows the asana practice is designed to open
up and heal those tight spots in the body that represent chakra
blocks. It is imperative to unleash these areas with compassion and
love in order to move forward. This session introduces you to the
chakra system as a whole and then dives deeply into each chakra.
You will explore the basic right and the underlying demon of each
chakra. You learn how it shows up in the physical body and how it
blocks you from your soul's intention. You are offered meditations,
visualizations and affirmations that unlock and unleash these spaces;
giving you the power you need to move through these spaces
with grace and intention. This workshop will change your life...
immediately.

book signing and read aloud by Dana Layon

friday, may 6, 2011: 5:00pm-5:30pm

saturday, may 7, 2011: 12:15pm-12:45pm

asana session only: \$39
chakra workshop: \$79
both sessions: \$99

**For more info about Dana Layon go to
www.danalayon.com**

**Register with Maya Whole Health
www.mayawholehealth.com**

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