



YOGA + SHAMANISM
THE SUMMER SERIES 2019
 BODY+MIND+SPIRIT

A WALK ON THE WILD SIDE FRIDAY, JUNE 28th

Invite your body to step into yoga poses once limited to the animal kingdom. Roam the open plains of the African savannah, slithers through the tropical rainforest, or claim a cave or other landscape to explore. Our exploration will continue with a journey to bring back an animal ally and learn practical tools to infuse your life with its gifts. \$35 workshop



TAMING THE MONKEY MIND FRIDAY, JULY 19th

This yogic practice will stretch your mind and take you to new places within yourself. The monkey mind of stress, worry, anxiety can take our energy from the things we really want. Learn breathing and everyday exercises to befriend your mind and tame the monkey within. \$35 workshop



WHY THE MYTHIC MATTERS FRIDAY, AUGUST, 30th

We have honored our mind and body, and now we turn to the path of symbols, stories, poetry and song. Why can the mythic be so important to our personal story? Coupled with a unique expansive yogic practice, we will turn to our inner mythic inspirations and re-ignite our inner fire. Everyone will leave with their own treasure of song, poem or mythic creation to support their soul's journey. \$35 workshop



JULIE STEWART: YOGA + AYURVEDIC PRACITIONER
 ALICE: SHAMANIC GUIDE

RSVP and claim your spot ahead for \$30 per workshop, \$35 at the door. Sign up for all three workshops \$90 and save. info@YogaAyurvedaCenter.com or 630-330-9461

***** Please bring a mat, towel, pen and journal to each workshop *****

ALL EVENTS BEGIN AT 730PM AND WILL TAKE PLACE AT
 THE YOGA AND AYURVEDA CENTER
 2 S PARK AVENUE, 3RD FLOOR, LOMBARD, IL 60148