



YOGA + SHAMANISM THE SPRING SERIES 2019

BACK TO BASICS FRIDAY MARCH 22, 7:30pm

This workshop welcomes Spring as we begin with an invigorating yogic practice with our spine. We will explore our backbone that carries us through every task and every place in our life. After Judy brings our body into greater openness and elasticity, we will journey to the past with Alice to heal an old story. How can we move forward by understanding our past? How may your past help you create a new beginning? Join us in this physical and spiritual workshop to welcome Spring in a refreshing and soul-inspired way! Evening workshop is \$35.



JOURNEY OF THE SOUL FRIDAY, APRIL 19, 7:30pm

Consider that you are here on a greater journey than you have ever known, the journey of your soul. We will begin by tempering the body, as this unique series opens our physical being to the soul self. From here, we will do a couple of soul exploration exercises and journey for exploring our greater purpose. You will leave with a new connection between your vessel body and soul. You will learn to dialog with your soul and experience the unique essence that your body animates. We hope you can make this special evening of discovery and self-exploration. This workshop is \$35.



BRIDGE INTO AWAKENING FRIDAY, MAY 10, 7:30pm

As we continue to breathe in the Spring air and stretch out from a long winter, join us on a revitalizing evening for your mind, body and soul! Julie leads us in a yoga sequence to open our bodies through an refreshing opening series for our spine and hearts. Bridge the way between your body and spirit. Alice will lead the second portion of the workshop with a sacred water ceremony to invite vitality and wisdom, followed by a guided journey to reconnect with the Bridge of our Awakened Self. Receive your own special energetic gifts and guidance for your life. Join us as we prepare our minds and bodies to navigate this special evening to resonate power, opening and awakening! Evening workshop is \$35.



**JULIE STEWARD: YOGA + AYURVEDIC PRACTITIONER
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*****

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