

"From Insight to Light" Yin/Yang Yoga Workshop

March 21, 2010 - Sunday
2:00 - 5:00 PM



with Michal Retter & Elizabeth Ruff

In this Spring Equinox Workshop we will emerge from the darkness of Winter by inquiring deeply within ourselves. The insight discovered with this inquiry will carry us through Yin poses and acknowledge our inner shadows that exist. Partner yoga poses will be used to provide a supported transition, and this workshop will crescendo into the Spring light with strong, illuminating Yang movement expression. You will leave with a sense of clarity about how you can continue to grow and blossom into your path of self realization.

Price: \$40

Early Bird Price: \$35 (register by 3/15/2010)

Register online at www.3omsyoga.com or call (360) 671-3510

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