

"If Your Body Could Speak"

with

Julia Alexander

Presented by Yoga Center of Carmel

Saturday, November 17

1:00pm-4:00pm

Early registration \$40, at door \$45



Appropriate for all levels and modified for your needs.

If your body could speak, what would it say? Perhaps it would talk about the joy and delight of being well, mobile and energized; or it will speak of challenge and discomfort, change, transition, fear or pain...What are the parts of your being that ask for your full attention and deep compassion?

Julia invites you on the journey into your body's subtle language of easeful breath, sensations and presence in each moment as it is. No matter what circumstances, we can be grateful, graceful, resilient and generous.

Through nourishing restorative postures, thoughtfully sequenced asanas, with continued breath awareness, we will experience movement as "what we are, not what we do".

Whether you have been studying yoga for a while or are just beginning, this workshop is for everybody, the only prerequisite is your curiosity.

Julia has been living and studying Yoga for more than two decades, and has been sharing her knowledge of Yoga since 1997. Her credentials include Masters of Music, RYT 200, and a recent certification from Breath Experience method. For more information, visit <http://www.breathingyogawithjulia.com/>

To early register, email Kathleen at yogacarmel@aol.com or send this form with your \$40 tuition to:

Yoga Center of Carmel, PO Box 1413 Carmel, CA 93921

Sunset Cultural Center, Cottage #18, 10th Ave. between San Carlos and Mission St., Carmel