

NEW YEARS RESOLUTIONS & YOGA

FEBUARY 8, 2009 11AM-2PM

WITH GIDEON ENZ

Tired of setting inspiring resolutions for the new year, and then just running out of steam?

So many of our attempts to create new habits and positive change in our lives simply get swept away in the busy-ness of everyday life. The science of Yoga has been used for millennia

to get to the very root of day to day patterns, transforming us from the inside out. In this workshop, Dr. Gideon Enz will introduce simple but profound yogic techniques to access inspiration, ease, and power both on and off the yoga mat.



Fee: 30 per person

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