

OPEN YOUR HEART, WOW YOUR MIND

~ Backbending Immersion

with **Kelly Heath**

Sunday, July 18, 2010

2:30~5:30 pm

INVESTMENT
\$30 in advance
\$36 at the door

**If you only change one thing in your yoga practice
and your life ~ Open Your Heart!**

In this workshop, cultivate a healing vinyasa heat to melt your heart, revitalize your nervous system, dissolve energy blocks and holding patterns.

In this yoga, our attitude is what distinguishes us and transforms us. The power of the heart that is the force behind every action or expression in an asana resides within the attitude. It is the heart quality or feeling (bhava) that is the source of the energetic expression of the pose. This workshop will dive into traditional and more multifaceted backbends, exploring ways to deepen the asanas safely, and ways to enter and exit differently. Mostly asana, intermediate level. No back problems, please.

A mind blowing experience!

A certified Baptiste Power Vinyasa yoga teacher, 500-ERYT and former studio owner, **KELLY** enjoys fusing together the many wonderful influences she's had from teachers such as Shri Dharma Mittra, Baron Baptiste, Shiva Rea and John Friend. While her classes tend to be vigorous and physically challenging, their actual power stems from each student's internal experience. Kelly thrives on building yoga communities and encourages all to recognize that a generous, compassionate nature gives us the wonderful opportunity to transcend our limits and let go of what no longer serves us creating space in our bodies, our hearts and our minds. For more information, please visit www.kellyheath.com.

805.965.6045 • 32 E. Micheltorena St. • www.SantaBarbaraYogaCenter.com



Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48 hours notice.