



Light Up Your *yoga* Practice!

with Laurel Hodory, Sally Walsh Roberts & Mary Ellen Coleman

A 4 Day Immersion of Yoga, Light & Energy **February 26 - March 1, 2015**

This 4 day immersion is for anyone who:

- Wants to recharge their practice
- Is considering a yoga teacher training (see below)
- Wants to take their yoga practice deeper, but not sure how
- Wants CEU's

Pricing:

\$297 Early Bird (by 2/20)
\$397 thereafter

In this training, you'll learn mat skill secrets to advance your practice, gain insight as to how the yoga teachings can help you to live life more fully, dig deep into a dynamic daily yoga & meditation practice, and have an opportunity to try your hand at teaching.

**Meets Thurs 6-8pm, Fri & Sat 9am-12noon & 2-5pm
and Sunday 9am-12noon**

Benefits:

- Mat skill secrets to advance your practice
- Gain insights on how the yoga teachings can help you live life more fully
- Dig deep into a dynamic daily yoga and meditation practice
- Try your hand at teaching.



**Taught by master teachers
Laurel Hodory, Sally Walsh Roberts,
and Mary Ellen Coleman**

<http://laurelhodory.com/light-up/>

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