



The Energy For Change "*Tapas*"

A New Years Day Vinyasa Yoga Celebration

With Garry Alesio

At Yoga Branch on Friday January 1st 2010
12:00-2PM ~ \$25/\$20*



This New Years Day we will set our intention and dynamically move forward towards letting go of what has not enhanced our lives this past year. We will join together the practice of Yoga, Tapas and a strong new commitment to ourselves and the amazing life we truly deserve. Tapas "the purifying heat" which provides the energy for profound change in our life is always available, all we need to do is tap into it. Garry will skillfully guide us through an all levels active Yoga workshop that playfully explores the balance between a dynamic, joyful and (perhaps) sweaty flow and the deeply nurturing self discovery of softening and aligning with grace. In this Special New Years Day Workshop the studio will be "Warmed" giving you the opportunity to delve even deeper into your own practice and safely explore your personal edge while nurturing your soul. We will end with a meditation to embody deeply the intention you have set for the year ahead.

I am truly looking forward to sharing this very special time with you.

Garry Alesio

Recommendations

Bring a Towel & Water as needed

All level students are welcome props and modifications offered



Yoga Branch

1260 E Vista Way, Vista Ca 92084

Yogabran.ch

760-630-0101 (info and Registration)

**Newly renovated now has a state of the art wood floor, Lighting, Sound System and much more 1/1/2010*

**If paid a week in advance*