

# The Yogic Fountain of Youth

Can yoga keep you youthful? How can this ancient practice keep a youthful glow in our minds, bodies, and spirits? Through this workshop you will learn how to use your yoga practice to stay healthy, keep fluid in your joints and mind, defy the effects of gravity, and reduce the stresses of life on your body and spirit.



*studiolotus*

150 East Cook Ave.  
Libertyville, IL 60048

To Register Please Call:  
847-549-7443  
or register at the studio

## **FRUITFUL FLUIDITY**

Saturday, January 14, 2012  
2:00 pm—4:30 pm

Keeping the fluidity in our joints is paramount to a healthy, pain free body. Losing touch with this fluidity is common as we age and we often don't realize it until we are in pain. Through the practice of slow, flowing movements we become more in tune with our bodies, keep our joints moving smoothly, and retain flexibility.

In this workshop we will engage in the practice of SATYA (Sensory Awareness Training for Yoga Attunement) as well as traditional yoga postures that focus on the second chakra. These complementary practices will defrost your low back and melt away stress and tension throughout the body.

### **Workshop Cost:**

\$40 if registered by January 1, 2012  
\$45 thereafter

**Yogic Fountain of Youth**  
workshops at *Studiolotus*  
**in February and March:**  
resisting the effects of gravity, and women's  
issues in yoga



Mary Scudella has been teaching yoga since 2005. She is a student of Tias Little and the Prajna Yoga school, based in Santa Fe, NM. The Prajna teaching style utilizes extensive knowledge of anatomy and yogic philosophy to encourage contemplative study and inner wisdom. Mary infuses her teachings with passion and love for this lifelong practice.

Mary is an Experienced Registered Yoga Teacher E-RYT® 200 and a member of the International Association of Yoga Therapists.

[www.maryscudella.com](http://www.maryscudella.com)