

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

THE GODDESS WITHIN

Saturday, March 10, 2012
2:00 pm—5:00 pm

This workshop is specifically designed for female practitioners or those teachers looking to adjust their teaching for female students to address the cycles of female life. Should we adjust our yoga practice at different times of the month, our throughout our lifespan? What yoga postures specifically address female organs and how do we keep them toned? How can we keep our femininity vibrant?

The female body is a one of mystery and wonder. Embrace your inner Goddess and learn how to take care of yourself through your yoga practice

Workshop Cost:

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



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