

# 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

## **DON'T LET GRAVITY BRING YOU DOWN!**

Saturday, February 11, 2012  
2:00 pm—4:30 pm

As we age, gravity takes its toll. By rooting down into the floor and engaging the inseam of the legs, we begin to tonify the internal organs and reverse the effects of gravity on our bodies. Yogis also use the practice of inversions, and restorative yoga to reverse the effects of stress on the body.

In this workshop we will explore the energies of the body that flow downward and upward. We will engage these energies in active postures and then release into them through the practice of restorative inversions. You will leave feeling more youthful in body, mind, and spirit.

### **Workshop Cost:**

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

**Yogic Fountain of Youth  
workshops at *Studiolotus* in March:**

**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)