

SCARAVELLI-INSPIRED YOGA

FULL LIFE YOGA STUDIO, NEVADA CITY, CA

14/15 DECEMBER 2013

with Louise Simmons

As the year falls towards winter,
we will explore with deep appreciation and loving curiosity
the letting go of old habits and resting into renewal and rebirth.

Through this intuitive approach to yoga, we will experience
the transformational delight of a non-linear approach to movement and breath.
Circles and spirals "born from the spine" lead to a whole-body movement which
frees us to greater awareness and connection
in our yoga practice and daily lives.

"There are no beginners or advanced students - the first step is the last step"
Vanda Scaravelli

SAT 1:00-4:00pm & SUN 10:00am-1:00pm
\$50 per session (\$90 both days)

INDIVIDUAL SESSIONS AVAILABLE BY ARRANGEMENT

From a performance arts background, I travelled widely, exploring yogic & spiritual practices, and training as a teacher & therapist in the UK. I met my mentor, Diane Long, in the 90's and fell deeply in love with this way of 'undoing'. I teach internationally, sharing my passion for this transformative work & continually deepening my own exploration.

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BOOKING ESSENTIAL: CONTACT NATANA FOR INFO/REGISTRATION @
NATANASBLISS@GMAIL.COM OR 503 432-8378 / 503 263-4486(CELL)