

# SCARAVELLI-INSPIRED YOGA

## FREELAND, WHIDBEY ISLAND, WA

### 6/7/8 DECEMBER 2013

with Louise Simmons

As the year falls towards winter, in a beautiful natural sanctuary, 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

**Fri 6-8pm; Sat 10am-4pm; Sun 10am-1pm**  
**\$185 (\$170 if booked by 9 November)**  
**CONTACT MAUREEN FOR LODGING IF DESIRED**

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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#### **CONTACT:**

**MAUREEN MOMO FREEHILL FOR INFO & REGISTRATION @ 206 855-5836**