



## ❖MOVING INTO STILLNESS

*October 17 & 18, 2015*

*Healing Arts & Yoga Center*

*10712 Ballantraye Drive, Building 310, Fredericksburg, VA 22407*

*Led by Vimala Ren with guest teacher, JP Earnest*

### **Saturday, October 17:**

- A) Chant, Mantra, Meditation – Ren \$10 > 7:30-8:30am
- B) Yoga “Contact Yoga” - Ren \$27 > 8:30-10am  
Using a partner with our yoga postures to enhance strength, flexibility and balance
- C) YOGATHON: Inversions- Ren \$27 > 10:30am-11:45am  
In this workshop we will learn how to perform yoga inversions and use them to realign the spine & enhance mental function.
- D) Yama Talk: Generosity & Self Care - Ren \$27 > Noon-1:30pm

### **Sunday, October 18:**

- E) Chant, Mantra, Meditation – Ren \$10 > 7:30-8:30am
- F) Yoga “Chair Yoga” - Ren \$27 > 8:30-10am
- G) Anatomy of Endocrine & Nervous System-JP \$36 >10-Noon

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“Moving into Stillness,” 7:30-8:30am, October 17 & 18, 2015  
Healing Arts Yoga, 10712 Ballantraye Drive, Bldg 310, Fredericksburg, VA 22407

NAME \_\_\_\_\_ Email Address \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

PHONE NUMBERS: HOME; \_\_\_\_\_ CELL; \_\_\_\_\_

[Write check to Healing Arts & LEAVE AT THE CENTER OR MAIL]

Enclosed is my: (circle one) Cash / Check # \_\_\_\_\_ (circle one)