



**Nov. 2-4, 2012**

**The Yoga Institute**

**Houston Studio**

**Yoga is an exploration of the self,**

a pilgrimage to the center of our own hearts.

It's a fascinating journey, sometimes delightful, sometimes agonizing, but never dull.

This profound intimacy with ourselves makes way for deeper intimacy with others and ultimately with the throb of life itself. This is a yoga of enchantment and wonder, will you listen to the call?

**Friday, 6:00 – 8:30 PM Partner Yoga:**

Expect a playful, dynamic practice with opportunities for guided partner work with hands-on assists throughout. Guaranteed to make your heart smile!

*Come with a friend, lover, or no partner at all. Suitable for all levels. Everyone welcome.*

**2.5 hours, individual segment fee: \$55.00**

**Saturday, 11:30 AM – 2:00 PM Backbends:**

Sweetness and ease (*sukha*) in backbends requires stability (*sthiram*), which comes from abdominals, thighs and bandhas. We will cultivate ease by focusing on stability and grace. Prepare to go deep and leave feeling exhilarated and bright.

**2.5 hours, individual segment fee: \$55.00**

**Saturday, 3:30 – 6:00 PM Lotus Heart, Open Heart:**

The spiritual heart resides at the center of the chest and is often depicted as a beautiful lotus flower, pure and unblemished. We will use mantra, mudra, meditation, visualization to coax the petals of the lotus flower to bloom and pranayama for nourishment so that the lotus stays open. Light asana practice.

**2.5 hours, individual segment fee: \$55.00**

**Sunday, 10:00 AM – 12:30 PM**

**BHAKTI SHAKTI FLOW (with Dave Stringer):**

Dive deep into your own heart and the pulse of your *prana shakti* and emerge in a field of shimmering radiant sensation. Dynamic vinyasa flow practice beginning with a kirtan led by Dave Stringer.

**2.5 hours, individual segment fee: \$55.00**

**Registration for entire workshop (all 4 segments) is \$205. Individual workshop segments cost \$55.**

**The Yoga Institute**

**3311 Richmond Ave., Suite 307, Houston, TX 77098**

**You may register online at [yogainstitute.com](http://yogainstitute.com), by phone @ 713 526-6674 or in person!**

Workshop hours count towards Sacred Art Yoga RYT 500 certification.