

GRATITUDE INTENSIVE

A practice in training the mind and heart to see, think, and feel grateful.

With Melody Roberts, E-RYT 500



No matter how hard you try, do you find yourself focusing on your problems and what you don't like in your life, what's not going your way, or what you don't have? Do you feel compelled to compare yourself or your life situation to others, and feel like you are constantly coming up short or lacking something? You are not alone. This is simply the way most of us have been trained to look at things. It is possible to reclaim your right to feel complete and grateful in your current life situation, just as it is! I invite you to join me for an intensive practice in gratitude....

In this session there will be a physical asana practice, including various backbends for all levels that will focus on opening the heart and creating space in the body. By creating space in the body, we create space in the mind to challenge our thoughts and beliefs that might be holding us back or keeping us trapped in a felt sense of lack. We can also simply add new thoughts that might serve us better. Please bring a journal or notebook and something to write with for personal notes, exercises, and reflections.

\$45 Early Bird Investment \$50 after 11/22nd *Qualifies for CE Contact Hours with Yoga Alliance

Sunday ~ November 25th 2018

2:00pm - 5:00pm

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto www.sacredpathyoga.com & click "Enrollments" tab.

For more information, email info@sacredpathyoga.com.

Please note all workshops are nonrefundable and nontransferable.