

# HOPE INTENSIVE

## A Yoga & Meditation Intensive

With Melody Roberts, E-RYT 500



In hope we thrive.... In hope we access our inner strength and feel secure. When we embrace the power of hope, we are fearless because we trust ourselves and therefore trust in life.....

In today's world it can be so easy to be pulled in to the fear and negativity, and to choose harmful reactive actions or support others in reactivity, as a means of grasping for a sense of safety and security. Our choices that undermine hope and serve fear and anxiety become part of the greater problem at large. We can be part of the problem, or part of the solution. We must be willing to look closely at what is motivating our choices, love or fear, as it is the subtle energy in the motivation that is activating hope or despair. If

we want to be part of the solution, we must be consciously aware of our choices that support love, hope, peace, and unity.

I am excited to invite you to join me for this intensive in HOPE. Let's come together with an intention of infusing our bodies, minds, and spirits with HOPE, so that we can see the hopeful inner child in everyone and walk through the world with an intention of bonding with others to give them HOPE. In this intensive we will do a joyful light asana practice accessible to most everyone, pranayama practices designed to balance the right and left hemispheres of the brain, and there will be a strong focus on meditation and self-reflection. Please join me in bringing HOPE to ourselves and to the world. *\*Recommended participation in the FREE Oprah & Deepak "Hope in Uncertain Times 21-Day Meditation Experience" that begins April 10<sup>th</sup>, 2017. Participation in the 21-Day Meditation Experience is not required for participation in the intensive, but will strongly enhance the Hope Intensive Experience.*

\$45 Early Bird Investment \$50 after June 1<sup>st</sup> \*Qualifies for CE Contact Hours with Yoga Alliance

*Sunday ~ June 4<sup>th</sup>, 2017*

*12:00pm - 3:00pm*

Melody Roberts, BA, CPS, CYT, E-RYT 500, Owner, Director, and Founder of Sacred Path Yoga and Sacred Path Yoga Teacher Training Academy, studied directly under Acclaimed Author, Renowned Yoga Teacher, and Program Director, Rolf Gates. Sacred Path has evolved from a beloved home studio in Melody's residence in 2010, to blossoming in 2014, into a store front location in Shorewood, IL. Melody's mission is to share the ancient healing practice of yoga with her community. She strives to reveal, express, and cultivate the Personal Power of each individual student, while simultaneously facilitating a deeper connection with Universal Love. Over the years, Melody has enjoyed teaching at various studios in the Chicagoland area, and has studied with many master teachers at every available opportunity. She is deeply grateful for all the teachers and students who continue to inspire her to stay and grow on this path.



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](http://www.sacredpathyoga.com) & click "Enrollments" tab.

For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).

Please note all workshops are nonrefundable and nontransferable.