

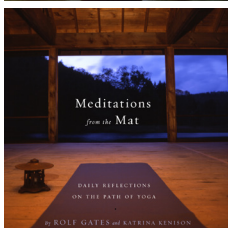
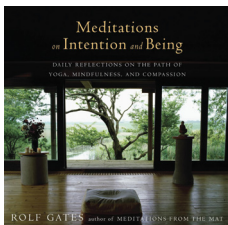
The View From the Heart: A Vinyasa Intensive with Rolf Gates

Don't miss this opportunity to study with Rolf Gates!



“And this is the point of spiritual practice; to make us teachable. To open up our hearts and focus our awareness, so that we can know what we already know, and be who we already are.”

—Rolf Gates



Sunday, April 23rd, 2017

Sacred Path Yoga, Shorewood, IL

Don't miss this opportunity to study with Rolf Gates! Join Rolf for a dynamic workshop session of vinyasa, meditation, pranyama and lecture/discussion as we explore being grounded in our practice and inspired in our lives. We will allow our practice to give voice to the great heart within us.

The intensive is intentionally challenging, but open to all who wish to explore yoga as an evolutionary journey. The only 'requirement' is that you show up, do your best and let your best be good enough.

The session is based on Rolf Gates' newly released: *Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness and Compassion.*

Rolf Gates, bestselling author, conducts yoga workshops, retreats, teacher trainings, and coaching and mentorship programs throughout the U.S. and abroad-and online.

Rolf and his work have been featured in numerous media, including *Yoga Journal*, *ORIGINS*, *Natural Health*, *People Magazine*, and *Travel and Leisure's 25 Top Yoga Studios in the World*. Rolf is the co-founder of the Yoga, Meditation and Recovery Conference at the Esalen Institute in Big Sur, California and the Kripalu Center for Yoga and Health in Lenox, Massachusetts and a teacher at Spirit Rock Insight Meditation Center in Northern CA.

Time:
Sunday, April 23, 2017
9am-12 noon

Pricing:
\$65 Register Early/Space is Limited

Online Registration:
www.sacredpathyoga.com

Location:
Sacred Path Yoga
1146 W. Jefferson St.
Shorewood, IL 60404
www.sacredpathyoga.com
info@sacredpathyoga.com
815-744-3390



www.rolfgates.com