

The Journey Begins

Fundamentals of Movement and Flow

Presented by Melody Roberts, CYT, E-RYT 500

A workshop that will highlight the fundamentals of a vinyasa flow practice.



Don't know anything about yoga?
Looking to refine your existing practice?
Recovering from an injury?



This Workshop is for you...

Perfect for beginners, relevant for all...

In this workshop you will learn the foundation of alignment, integration, and breathing so you can begin practicing yoga safely and effectively. You will gain the knowledge and skill needed to build a strong foundational practice where you can begin to progressively increase your strength and flexibility.....The only "requirement" is that you show up, do your best, and let your best be good enough. \$40 Investment

Sunday, January 14, 2018 ~ 12:30pm - 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 & click "Enrollments" tab.

For more information, email info@sacredpathyoga.com.

Please note all workshops are nonrefundable and nontransferable.