

RISE STRONG

A Yoga Intensive

Dharma Talk, Spiritual Discussion, Reflection, Asana and Meditation Practice, Including an Arm Balance and Inversion Workshop

With Melody Roberts, E-RYT 500



Brene' Brown states, "If we are brave enough, often enough, we will fall." My life has taught me the truth in that statement. This intensive is about what it takes to get back up. To inspire a willingness to reckon and rumble with our fears, and bring on a full scale revolution to that which holds us back. "We can't get to courage without walking through vulnerability." Come explore and cultivate your inner badass who is awakening into the spiritual warrior you were meant to be.... I am excited to invite you to celebrate possibilities, to move beyond your perceived limitations with balance and strength. Learn how to let go of struggle and spread your wings and soar; not only physically, but mentally, emotionally, and spiritually. Learn the art of using your breath and channeling harnessed and focused energy to move through the world, finding your true power, and rising strong. **Recommended reading, Rising Strong, by Brene' Brown... Reading not required for participation.*

\$75 Early Bird Investment \$80 after August 18th *Qualifies for CE Contact Hours with Yoga Alliance

*Sunday ~ 1:00pm - 5:00pm
August 26th, 2018*

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.