



The Yoga Of Dance

5 Week Workshop
with Patsy Kuo Eisenstein, RYT 500

April 27 - May 24, 2010

1:30-3:30 pm

“Yoga at its truest, insists upon giving us not answers, but a way to find our own answers.”

- The Wisdom of Yoga by Stephen Cope.

Yoga of dance is the exploration of “the answers” within you through a combination of techniques in meditation, postures practice, movements inquiries, music and communication exercises. It cultivates your connection to your inner self and with others.

It is fun, unique, energizing, and deeply inspirational. You will meet and connect with many caring people like you who desire to explore deeply into the meditation and dance of life. You do not need to have experience in dance or yoga to take this course. Small group setting (8 participants only).

Call today to reserve your space!

To learn more about Patsy please visit www.yogaofdance.com

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Workshop series cost: \$125
Registration closes April 22nd.