



Summer Yoga Intensive

It seems the biggest thing people got out of it was the feeling of community that had come of it and that supported their own endeavors.

It really was a wonderful experience....connecting to the place of unconditional love, the breath, the loving witness, consciousness -- is what made it all worth while. Thank you again for, while not being the sun, helping to give directions to the sun.

This intensive run for me has meant succeeding in "making my ceiling my floor" in my asana practice, which was a lesson in tapas. I have also come to value the coupling of walking and asana practice as supporting progress mutually.

July/August

Immerse yourself in six weeks of yoga (practice, meditation and walking).
Transform your lifestyle,
Transform yourself!

Timeless methods used to support you in establishing and maintaining a consistent, regular yoga practice

Yoga School of South County
Peace Dale Office Building
1058 Kingstown Road
Peace Dale

Fee includes open enrollment to all YSSC classes *plus* weekly support gatherings, weekly walking classes and a YSSC yoga journal.

Session 1 6/13–7/24

Session 2 7/25–9/4

\$100/\$110*

782-9511

www.makeitsoyoga.com

* SK Residents (SK Parks and Recreation Program)/ Non-resident fee