

Source Yoga presents:



I love the practice of breath, compassionate self-acceptance and invigorating movement. I hope you will join me for this wonderful practice!



2712 N. 21st. St. Suite A  
Tacoma,  
WA 98406

## Cultivating Joy:

Join special guest teacher **Rebekkah LaDyne** for a special Mindful Yoga Workshop that will help you **blossom with spring.**

**Date: Saturday May 3rd, 12:30-3pm**

**Cost: \$35**

Enjoy this 2 ½ hour class, which includes

- Flow Yoga to both relax and strengthen you
- Exploration of the Buddhist practice of cultivating joy in your life
- Meditation to help it all sink in

**Rebekkah LaDyne** has been teaching Mindful Yoga for more than a decade. She has studied with many master teachers in both the Yogic and Buddhist traditions and offers practical everyday tools that apply to our modern lives. Her unique blend of the wisdom of Buddhism and Yoga offers a class that nurtures your mind, heart and body. Rebekkah's classes are welcoming and fun.

**Phone: 253-756-8066**

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