

About The Instructors

Melissa Paz has developed a graceful and nurturing teaching style based on her more than 20 years of extensive study of movement and dance. She was certified to teach in 2001 in Ananda Yoga, and guides her students to find a peaceful center through a flowing movement practice.

Erin Joesse took her first yoga class in 1993 and knew right away that she was home. She was certified to teach in 2000, and teaches vinyasa (flow) yoga, which she makes accessible for anyone, and brings the practice of meditation into each class.

Erin and Melissa are co-founders of Source Yoga in Tacoma, Washington. They have been collaborating and working together for almost 10 years. This past year they have also both become mothers and have found their sons to be their greatest teachers. They both believe that a healthy body at ease provides the experience of well-being, freeing up the individual to grow and develop in all ways. In their classes, you are encouraged to discover a renewed sense of Self physically, emotionally, and spiritually and to make your practice your own. You will leave their classes with a relaxed body, joyful spirit, and a quiet mind.

Source Yoga is a neighborhood yoga center which offers exceptional yoga classes, a sense of community, and an environment for learning. We serve individuals, families, and communities that are seeking health, vitality, and freedom through a consistent practice of yoga, meditation, and Self-exploration.

Source Yoga

2712 N. 21st. St. Ste. A
Tacoma, Washington, 98406

253-756-8066

www.sourceyogaonline.com
info@sourceyogaonline.com



sourceyoga

health • vitality • joy

Source Yoga Presents:

A Path With Heart



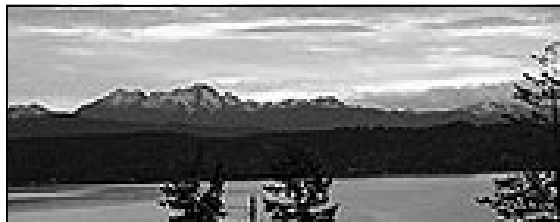
A weekend yoga retreat with
Melissa Paz and
Erin Joesse
June 29th-July 1st
Harmony Hill Retreat Center
Union, WA

A Path With Heart—A Weekend Yoga Retreat at Harmony Hill



In this weekend long yoga retreat at Harmony Hill, you will discover new parts of your self through daily yoga classes, guided meditation, journal writing, and group work. Inspired by A Path with Heart written by Jack Kornfield, we will delve into our truest Self and ask ourselves are we following a path with heart? Through the weekend activities and self-reflection you will gain a renewed sense of self, and a deep understanding of the interconnectedness of all beings. You will bring away with you mindfulness in your daily life, an awakened sense of curiosity to uncovering new truths about yourself, a sense of peace in your heart, and pure joy in being alive.

Harmony Hill, is located on the Olympic Peninsula's Hood Canal in Union, WA about a 1 ½ -2 hours from Tacoma. You will experience delicious vegetarian food, beautiful grounds and gardens, excellent accommodations, and a brand new Eco-friendly light filled building for yoga classes. Harmony Hill is dedicated to providing wellness programs to the public and is the Pacific Northwest's only retreat center offering life-giving retreats for people with cancer and their caregivers. It is exciting to share that through your participation in this retreat the revenue generated will help support these cancer programs. View their website www.harmonyhill.org for more information about the center.



To Register

Retreat Cost: \$495

Registration Deposit: \$250

Cost includes accommodations (double occupancy), meals, use of facilities and all yoga and meditation sessions.

Name _____

Address _____

City _____ St _____ Zip _____

Phone _____

Email _____

I'd like to room with _____

To register, return registration form with deposit to Source Yoga

Registration available online at
www.sourceyogaonline.com

Final Payment due May 31st

Cancellation Policy: Before May 31st, your payment will be refunded minus \$50.

No refunds after May 31st.