



# Source Yoga presents: PRISMS OF CONSCIOUSNESS:

an exploration into the  
Soul through the Koshas

With guest teacher  
**Nathan Hayes**

**Sat. March 14th , 2009 1-4pm**

Come join this special three hour workshop and explore the deeper and profound aspects of your being. Exploring the Koshas (sheaths or layers of the body including the body, breath, mind, wisdom, and spirit) is like examining a road map to your Soul. Koshas are a profound and yet practical tool that can help you deepen your practice and bring harmony to your mind, body and spirit. Through Asana practice, pranayama, and meditation designed to heighten body awareness and sensitivity, you will be lead through the 5 Koshas to the Atman (the Soul or true Self), and experience the unspeakable depth and joy of your being. This workshop is open to all.

**Nathan Hayes**, founder of **Living Spirit Yoga**, has devoted the last 15 years of his life to the study, practice and teaching of Yoga, with extensive emphasis in the rich and varied traditions of Kripalu, Iyengar and Ashtanga Yoga. His teaching reflects his enthusiasm and reverence for the power of Yoga to bring wholeness, authenticity and integrity into people's lives, including his own. Having studied extensively with most of the world's best and well-known yoga teachers, Nathan has developed a unique and fresh style of yoga known as Living Spirit Yoga. The hallmarks of Nathan's classes are his creative sequencing of poses, precision in instruction on alignment, attention to breath and body awareness, and a sense of adventure, union and deep peace.



**sourceyoga**  
health • vitality • joy

2712 N. 21st St. Suite A

Tacoma, WA 98406

253-756-8066

[www.sourceyogaonline.com](http://www.sourceyogaonline.com)

**Date:**  
March 14th,  
2009

**Time: 1-4pm**

**Cost: \$50**

*Pre-register  
online or at  
the studio*

