



A Mindful Yoga Workshop With Special guest teacher Rebekkah LaDyne

Take a few hours for yourself to be as you are, “just like this”.
Enjoy your body, mind and spirit through movement, meditation and
contemplation.

Beginning/Intermediate students welcome; the workshop is best for those
with basic Yoga experience, no meditation experience needed.

About Rebekkah

I first experienced Yoga seventeen years ago and have been dedicated to
practicing it since then. Yoga and Mindfulness practice have been invaluable
tools for me through challenge, joy, chaos, and simplicity.

For the past eleven years I have had the pleasure of sharing the heart opening
practice of Mindful Yoga. My approach is non-dogmatic, modern and
applicable to our every day lives.

I live in Northern California with my husband and two daughters. I use
Mindful Yoga on and off the mat continually. I love learning and sharing tools
for living with ease and well-being.



sourceyoga
health • vitality • joy

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Date: Sunday May 31st,

Time: 12:30-3pm

Cost: \$40 (10% off for mem-
bers)

Pre-register online or at the studio