

Coming Home to Yourself

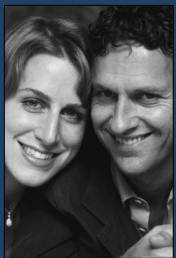
Yoga, Mindfulness, Meditation, and Live Music
With Returning Guest Teacher Rebekkah LaDyne

Date: Saturday, April 10th

Time: 1-3:30pm

Cost: \$48

(10% off for members)



SOURCE YOGA

2712 N. 21st St. Suite A

Tacoma, WA 98407

253-756-8066

www.sourceyogaonline.com



Rebekkah LaDyne has spent more than twenty years studying Yoga and mindfulness as tools to nurture her heart. She is most drawn to the study of what invites joyful connection to the self. Continually refining what she finds most healing in her practice, she has taught hundreds of classes, workshops, and retreats. She was the founding director of Santosha Yoga in Seattle for nearly ten years. She now lives in her childhood home state of California with her husband and two young daughters. She is glad to be returning to Source Yoga and its lovely community!

Reflective Practices for the Heart, Mind and Body

The workshop will begin with a talk drawing on wisdom from eastern and western philosophies (approximately 30 minutes). The Yoga portion of the workshop will be slow and thoughtful, inviting students to take their time in each pose, to feel, and to breathe deeply. This practice (approximately 90 minutes) will be supported by the beautiful live music of **Steve and Anne-Emilie Gold**, and will be followed by a guided meditation (approximately 20 minutes). Newer and Advanced Yogis alike, may join in for an afternoon of joyful practice.

Steve Gold's music is an enlightened blend of mantras in English and Sanskrit, American spirituals, deeply healing Blues, and devotional songs. Performing at festivals, yoga studios, art spaces and spiritual centers, **Steve and Anne-Emilie's** musical satsangs are wonderful occasions for listeners to be nourished with the healing vibrations of the voice.