

Source Yoga Presents:  
Yoga for the Blues  
December 8, 2007  
12:30PM-4:30PM  
Cost:\$45 (members receive 10% discount)



# Yoga for the Blues

Cultivate Happiness during the Holidays  
with Angi Donovan

Source Yoga

## Source Yoga

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Explore how and why yoga brings balance to your body, mind, and heart. In the first half of this therapeutic workshop, we will practice and move together, looking inside at what poses uniquely awaken us, give us energy, and help turn our perspective inside out. In the second half, we will gather together for discussion and a healing meditation. Transform your experience through the mindful practice of movement, breathing techniques, and relaxation.

As a student of yoga for the past seven years and a teacher since 2004, [Angi Donovan](#) has studied and practiced Integrative Yoga Therapy, Bikram Yoga, Radiant Health Yoga, Kundalini Yoga, Vinyasa Yoga, and has recently become inspired by the heart-centered practice of Anusara Yoga. She believes yoga is a unique and healthy form of exercise as well as a transformational journey of turning within. Her classes focus on staying in the present, following the breath, and experiencing the intelligence of the body, mind, and spirit.