



Movement, Stillness & Self-Expression: Yoga & Writing

At the heart of this workshop is yoga, meditation and creative writing - a powerful union of movement, stillness and self-expression. Through these modalities, we can discover and tap into deeper places within ourselves. It is here that we learn to trust our intuition and honor our own unique creative process.

We'll begin with an all levels yoga class that includes breathing, relaxation and meditation. Then, we'll write, using free-flowing exercises that allow us to quiet the critical mind and access our imaginations and acknowledge our truths. Through this exploration, we'll begin to harness and celebrate the gift of our own authentic voices. After writing, without any editing, you can share what you've written with our group in a safe, supportive and confidential environment.

INSTRUCTOR: Karen Kenney (Quest Yoga Studio)

DATE: Sunday, November 7, 2010 ~ 11:00am - 3:00pm

TIME: COST: \$50

PLACE: LIVING YOGA ~ 120A North Main Street, Concord

• **Space is limited – register early to reserve your spot!**

Please bring:

- ***Yoga Mat (if you have one)***
- ***Pen & Paper ~ Notebook for Writing (No laptops please)***
- ***Water & Light Snacks***

Name: _____

E-mail: _____

Phone: _____

*Please hand in registration form & payment at either studio or **mail to** either address:*

QUEST YOGA STUDIO • 114 DOVER ROAD • CHICHESTER, NH 03258

OR

LIVING YOGA • 69 CENTER ROAD • BRADFORD, NH 03221