



MOSCOW YOGA CENTER

525 S. MAIN MOSCOW, ID 208-883-8315



Weekend Workshop with Ingela Abbott



PRACTICE - REFLECTION - DEVOTION
April 26-27-28, 2019



In this workshop let's bring some passion and enthusiasm into our practice. Reflect on why you are doing the yoga poses. What transformations do you wish to experience? What intention do you bring to your practice? And what is the purpose of your life? Just some fun, little reflections!

In this workshop you will also explore the different "Vayus", the energy fields; how to balance and reawaken your inner resources of vibrant energy, harmony, and peace.

WORKSHOP SCHEDULE

Friday April 26, 6-8 p.m.
Restorative

Saturday April 27, 10 a.m.-1 p.m.
Asana

Saturday April 27, 3:30-5:30
Asana - Inversions

Sunday April 28, 10 a.m.-1 p.m.
Asana

Ingela Abbott is the Director of Yoga Northwest in Bellingham, Washington and is a Senior Iyengar Instructor, one of only two in the Pacific Northwest. This year Ingela has been teaching Iyengar Yoga for 40 years and studying for 50, and is still excited about how much more there is to learn daily about the body and life. She is grateful to have the eternal friend of yoga, helping her experience wholeness, inner peace, and ultimate freedom, on the ever changing journey through life. She also loves to help others experience all the wonderful gifts of yoga as well!

REGISTRATION

This workshop is open to anyone with 3 months of recent yoga experience. Please fill out the registration form and return it with your payment to the Moscow Yoga Center (525 S. Main, Moscow, ID 83843).

Name _____ Address _____

Phone _____ Email _____

Enclosed is my payment for: (please check one)

Early Registration by April 20, Entire workshop - \$175.00

After April 20, Entire workshop - 185.00

Partial - \$22.00 per hour •Please list times you will attend: _____

Thank You. See you there!

Moscow Yoga Center

525 S. Main, Moscow, ID 83843 (208) 883-8315 www.moscowyogacenter.com

