

ywsn  
newsletter

MARCH  
2017



walking  
meditation

spring **renewal**

3.12.17 **deep healing** workshop

**weekly** schedule



yoga WITH sarah

changing your life, one breath at a time

# walking meditation



- This is a form of meditation in action. You use the experience of walking as the focus of meditation.
- Focus on the slow movement of your footsteps connecting to the earth each time you take a step. It is done with your eyes open and your attention resting with each and every step you take.
- When the mind starts to wander, you bring it back to the experience of walking.
- This meditation helps the breath and the mind begin to slow down.

## spring renewal

Spring is the time of rebirth, renewal and new possibilities. We emerge in the spring-time with renewed energy and hope. We can let go of unhealthy habits and relationships.

Make time to start something new or take up a life-affirming habit. This is the time to make positive changes in your life.

- What do you want to do differently?
- How do you want to live your life?
- What's ready to come to life inside of you?

## 3.12.17 deep healing workshop



This workshop will introduce the practice and healing benefits of restorative yoga, yoga nidra and meditation. Students will be led in a restorative yoga practice, followed by yoga nidra and ending in a 5 minute seated, silent meditation. Get ready for rejuvenation, renewal and deep healing. Help yourself slow down and de-stress.

**Sunday, 3.12.17 • 7:00pm - 9:00pm**  
**Shanti Yoga • www.shantiyogastl.com**  
**7346 Manchester Rd #200 • St. Louis, MO 63143**

For more information about this event visit  
[www.yogawsarah.com](http://www.yogawsarah.com).



## SPRING RENEWAL APRIL 7<sup>TH</sup> - 9<sup>TH</sup> RETREAT

AT ROCKHAVEN ECOZOIC CENTER  
 HOUSE SPRINGS MO

## weekly schedule

tuesday	friday	sunday
<b>Restorative Yoga</b> 7:30pm - 8:45pm @ Yoga Source	<b>Yin Yoga</b> 10:30am - 11:45am @ Shanti Yoga	<b>Deep Healing Yoga</b> 2:15pm - 3:30pm @ Yoga Source
	<b>Gentle Flow Yoga</b> 12pm - 1pm @ Shanti Yoga	<b>Restorative Yoga</b> 4:15pm - 5:30pm @ Shanti Yoga