ywsn newsletter

APRIL
2017

mantra meditation

SPRING RENEWAL RETREAT

APRIL 7TH - 9TH

ways to stay **present** & **mindful**

weekly schedule

yoga WITH sarah

changing your life, one breath at a time

yws newsletter

APRIL 2017

mantra meditation

- Let your mind rest on a word, short prayer or mantra.
- Mantras are words or phrases chanted out loud or internally as objects of meditation. Mantras are also powerful sounds or vibrations that you can use to enter a deep state of meditation.
- When thoughts and feelings arise gently bring you awareness back to your mantra.
- Start with a few minutes per day and work up to 20 minutes or more.

SPRING RENEWAL RETREAT

APRIL 7TH - 9TH

This retreat is open to yogi's at all levels and will help you slow down, relax, rest and reset your system. There will be 5 yoga classes *(gentle flow, restorative, yin, yoga nidra, meditation).* You will enjoy 5 home-cooked vegetarian meals. Come spend some time with yourself, your body and nature. Come by yourself, with a friend or family member. You will leave feeling relaxed, refreshed, and renewed.

Friday, April 7, 2017 at 6:00pm through Sunday, April 9, 2017 at 11:00am
ROCKHAVEN ECOZOIC CENTER
7621 Rivermont Trl • House Springs, MO 63051
$280, includes: 5 yoga classes • 5 vegetarian meals • 2 nights lodging

For more information and to register, visit: www.yogawsarah.com
Or contact Sarah Thornton at 314-629-7039 • sarah@yogawsarah.com

ways to stay present & mindful

- Start your day with a few minutes of silence; notice how you feel
- Set a timer every hour and check-in with your breath *(take at least 3 deep breaths)*
- Eat one meal a day without distractions; eat slower *(mindful eating)*
- Take a break at lunch; get up and move around
- Drive slower; stay mindful and appreciate your surroundings
- At the end of your day, think of three things that went well or what you are grateful for

yws
COMING SOON
CHAKRA BALANCING WORKSHOP
5.21.17 • 6-8 PM
@SHANTI YOGA

weekly schedule

tuesday	friday		sunday
Restorative Yoga	**Yin Yoga**	**Gentle Flow Yoga**	**Restorative Yoga**
7:30pm - 8:45pm	10:30am - 11:45am	12pm - 1pm	4:15pm - 5:30pm
@ Yoga Source	**@ Shanti Yoga**	**@ Shanti Yoga**	**@ Shanti Yoga**

yoga with sarah

Sarah Thornton, LCSW, RYT • Registered Yoga Teacher

314-629-7039 • sarah@yogawsarah.com • www.yogawsarah.com • yogawithsarahthornton on FB