

Yoga Soup for the Soul workshop: Walking the Labyrinth of life!

Sue is teaching and guiding a Yoga and Labyrinth workshop on January 27, a number 9! Day ~ which is perfect for the workshop and to the beginning of the New Year!~

In this workshop you will explore yourself and others and learning a deeper meaning of who you are by walking the Labyrinth and doing playful Anusara yoga w/ Sue.

All ages and levels of experience are welcome.

Please bring a friend, a family member, oh yes yoga props if you have them and a journal. If not Sue will. Let us open our hearts from the inside out!!!

When: Sunday, January 27, 2008

Time: 12:00 – 4:00 PM

Where: First United Methodist Church at Boulder
1421 Spruce St.

Cost: \$40 (equates to a 9!) for the whole event which includes a scrumptious tasty treat.

To Register: e-mail Sue Hollingshead: sue@yogawithatwist.net or call 303-817-2878

A message from Sue about the workshop:

Being a #1 year in numerology what better way to begin your New Year with NEW beginnings and insights. Create the recipe of your year that you want to create Walk the Labyrinth w/ others and see how it can give you insight as to how it relates to your life as a whole. Expand your horizons and let it apply to new understanding of your Yoga practice. This will be a great and memorable day... trust me!~