



Join us and special guest Melina Meza for two amazing workshops:

Seasonal Vinyasa Yoga and The Ethics of Eating, April 14, 2012



Melina has been exploring the art and science of yoga and nutrition for over 17 years. She combines her knowledge of Hatha Yoga, Ayurveda, whole foods nutrition, and healthy lifestyle promotion into a unique style called Seasonal Vinyasa Yoga. Her devotion to yoga and eating well, to teaching and nutritional counseling, and to traveling and experiencing different cultures combine to create a colorful and hopefully enlightening perspective from which to share that which she loves about yoga in its entirety. Meza is the author of the *Art of Sequencing* books and *Yoga for the Seasons – Fall Vinyasa DVD*.

www.melinameza.com

Spring & Summer Seasonal Vinyasa Yoga

10:30-1:00pm, April 14, 2012, \$35, or \$65 for both workshops

This unique workshop emphasizes the importance of sequencing for Spring and Summer, adapting dietary approaches, cleansing techniques, daily rituals and lifestyle routines to synchronize with the seasonal changes. Students will learn relevant philosophy applicable to today's lifestyle and asanas to strengthen the body's inherent tendencies toward seasonal imbalances. All levels welcome. (Asana/Lecture)

The Ethics of Eating & Slow Flow Yoga

2:00-4:30pm, April 14, 2012, \$35, or \$65 for both workshops

As unique beings we all have different hopes, fears, conditioning, expectations, and agendas around our health and relationship to food and eating. In this stimulating conversation and Slow Flow asana practice, Melina will introduce her wheel of ethics inspired by the Yoga Sutras, nutritionist, environmentalist, and community advocates. Together we will look at the value of personal ethics and how to use them as a tool to enrich your life, relationships, and the natural world around you. All levels welcome. (Lecture/Asana)

Pricing

Early-bird registration (By April 1, 2012) \$35, single workshop, \$65 for both. After April 1, \$40 single workshop, \$75 for both. Cancellations before April 7 will be refunded 80 %. No refunds for cancellations on/after April 7. Register online, www.suryayogayakima.com, at the studio, or call 965-2346.