



The Ultimate Freedom Yoga Retreat with Bea Doyle

FEBRUARY 24 - 26, 2012
TRUTH OR CONSEQUENCES, NEW MEXICO



EXPLORE THE INNER AND OUTER BOUNDARIES OF FREEDOM IN YOUR PRACTICE. Join Bea for a weekend of expansive asana, supportive pranayama, and going to the still-point in meditation, all supported by room infusion with doTERRA's best organic essential oil blends. Then soak away the evenings with mineral baths right in your hotel room! All yoga sessions will take place at the Mothership Yoga Lounge right in the heart of Truth or Consequences.

FREEDOM IS A STATE OF MIND—GROUNDING HIP OPENERS,
PRANAYAMA, CANDLELIGHT MEDITATION
FRIDAY 6:00 - 8:30 pm

FREEDOM IS AN OPEN HEART—BACKBENDS
SATURDAY 10:00 am - 12:30 pm

FREEDOM IS IN THE PRESENT MOMENT—
TWISTS AND FORWARD BENDS, PRANAYAMA, CANDLELIGHT MEDITATION
SATURDAY 2:30 am - 5:00 pm

FREEDOM IS OUR TRUE NATURE—A PLAYFUL PRACTICE
SUNDAY 10:00 am - 12:30 pm

TUITION \$165 TAX NOT INCLUDED

For lodging information go to mothershipyogalounge.com/where.html



Bea Doyle has a gift for guiding students in skillfully realizing the limitless possibilities of their yoga practice, and for living yoga's wisdom in their daily lives. She is a certified Anusara yoga instructor, and the founder and director of Bhava Yoga Studio in Albuquerque, NM. Having taught Anusara yoga since 2000, she delights in continually seeking to expand her boundaries and knowledge of yoga. It is with great gratitude that she bows to her spiritual teacher, Gurumayi Chidvilasananda, and to her yoga teacher, John Friend.

REGISTER online at
bhavayogastudio.com
For more INFORMATION
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bhava
YOGA STUDIO

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