



The Ultimate Freedom Yoga Retreat with Bea Doyle

FEBRUARY 22 - 24, 2013

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 has a gift for helping her students' feel better than they have in years. Her clear and encouraging teaching style allows even those new to yoga feel supported and motivated. Her love for teaching is demonstrated in her warm, caring and approachable nature. Bea founded Bhava Yoga Studio in March of 2006, and has been teaching yoga since 2000. As a certified Anusara yoga instructor she offers public yoga classes, private instruction, teacher trainings, workshops and retreats. Always a student herself, Bea continually seeks to expand her boundaries and knowledge of the physical and spiritual aspects of yoga.

REGISTER online at
bhavayogastudio.com

For more INFORMATION
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bhava
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