people we connect with.

masculine. This exchange is internal in each of us and it is external in the current chaos in our own lives and in our troubled lands.

Register for Deepening Your Backbends

Front of the body and realign the spine.

Register for Tristhana Method

Tristhana Method: Breath, Bandha & Dristhi

Register for Mysore Ashtanga

Mysore Ashtanga

Register for all five sessions with Taylor Hunt for $175 by July 17th

will be explained as they were laid out by Patanjali in the Yoga Sutras

$30 by June 1st, $40 after

Our "mini mindfulness retreat" will include sitting meditations using the ability to pay attention, non-judgmentally, with acceptance.

where we will explore what it looks like to practice moment-to-moment

Sound Therapy while reclining in supported restorative yoga

will explore bringing sound into the body through the use of toning

focus the mind while bathed in vibrations from Kenny's gongs. Then you

The session will begin with a guided meditation to center your energy and

The ultimate nourishing rest- this session will include a guided Yoga

body, allowing you to find peace and tranquility within.

Restorative yoga poses facilitated by the gentle vibrations of Sound

Email:

www.dallasyogacenter.com/MCT

For more details:

40 CEs are available for Psychologists, LCSWs, and LPCs at an

Early registration (before June 11th): $895

6:30PM-8:30PM

Tuesday and Thursday, June 19th, 21st, 26th, 28th, July 10th, 12th, 6:30PM-8:30PM

Wednesday, June 13th, 20th, 27th, July 4th

Learn', who will train on mindful teaching methodologies. Click

Christopher Willard, author and Harvard lecturer on mindfulness and

instructors and national luminaries in the field to create an in-depth,

June 16th for 3 weeks.

www.dallasyogacenter.com

workshops into the following categories: Yoga, Sound Healing,

Teacher Trainin

such as

experience are welcome to attend!

Sunday Morning Mindfulness: half-day retreat

Taking time out from our busy schedules to go on a retreat can be a

the weekend of July 27th-29th

different style with our

energy healing modality, and

workshops into the following categories: Yoga, Sound Healing,

Teacher Trainin

Call: 214-443-9642

http://dallasyogacenter.com/teacher-training

For more information:

November 30-December 2

August 17-19

Fridays 6 pm-9 pm, Saturday 9 am-5 pm, Sundays 9 am-5 pm

Students are encouraged to discover their own voice as a teacher

the practice. A journey that will not only give you the tools to teach,

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