masculine. This exchange is internal in each of us and it is external in the nature and the experience of being a woman. We also encounter gifts

The purpose of this SoulCPR Workshop is

- To help us regain the ground we stand on current chaos in our own lives and in our troubled lands
- To assist us in sharing and processing how we are experiencing the

The energy or life force is also referred to as “prana”. When the

- front of the body and realign the spine.

Deepening Your Backbends

Price: $35

Register for Mysore Ashtanga

Price: $60

Price: $35

Mysore Ashtanga

Register for Sutra Talk

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

Gong Meditation

Friday, June 1st 6:30pm-8pm

Additional $45.

Price: $30 by June 1st, $40 after June 11th: $950

After June 11th: $950

For more details:

Learn more about the Mindfulness Certification Training by attending our free info session on Saturday, June 16th from 2pm-3pm.

Carpe Diem - Let’sLive!

In our journey to reach wholeness, we place great

Whatever troubles, challenges

ask yourself: in what ways have I

prepare for the warmer months,

opportunity for renewal, detox, and

The summer season is an

We've changed our look!

October 5-7

September 7-9

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

but it will change your life. Learn Asana, Pranayama, Meditation,

Students are encouraged to discover their own voice as a teacher

transformative practice.

Students to learn the fundamentals of teaching yoga. It provides a transformative practice.

Whether to learn more.

mindful teaching methodologies. Click

Christopher Willard, author and Harvard lecturer on mindfulness and

Thank you DYC community!

CLASS HIGHLIGHTS

- a movement practice for rest and

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

seeds of well-being would I like to watch grow? At DYC, we continuously

sustained or improved my health?

What old or new habits would I like to keep or leave behind? Which