tribe. There is an on-going exchange between the feminine and the

- To retrieve and heal our shattered souls
- To help us regain the ground we stand on
- To keep current with the ever-changing current chaos in our own lives and in our troubled lands

The purpose of this SoulCPR Workshop is to help us find our own current energy flow of shock, chaos, confusion and disunity.

And creating a sense of aliveness.

This energy or life force is also referred to as “prana”. When the mind is open and receptive, this energy is able to flow through our bodies, allowing us to feel alive and connected to the present moment. This workshop will teach us how to harness and utilize this energy, so we can feel more present and connected to the world around us.

Register for Deepening Your Backbends
Price: $60

Deepening Your Backbends
Register for Mysore Ashtanga
Mysore Ashtanga
Sutra Talk

Ashtanga is a Sanskrit word that means “eight limbs”. These limbs will be explained as they were laid out by Patanjali in the Yoga Sutras of Patanjali.

Dean Hollingsworth

Our “mini mindfulness retreat” will include sitting meditations using the Sutra Talk. Where we will explore what it looks like to practice moment-to-moment awareness and non-judgment.

Restorative yoga poses facilitated by the gentle vibrations of Sound Healing.

Come discover a gentle way to unwind and reconnect with Reiki and Sound Healing.

Saturday, June 30th 2:30pm-4pm

For more details: mindfulness@dallasyogacenter.com

Upcoming events:

- Yoga Teacher Training - Information Session
  - Here
  - Sign up
- Yoga Teacher Training
  - Sunday, July 29th 9AM-12PM
- Embodied Vinyasa
  - Tuesdays
- Vinyasa Flow
  - Thursdays
- Mysore Ashtanga
  - For students with a current Mysore Practice.
- Sound Healing
  - Using
dyn owners will train on mindful teaching methodologies.

Christopher Willard, author and Harvard lecturer on mindfulness and meditation, will lead the training. Nationally renowned contributors include Dr. David Sickman and Dina Salome. For more information: www.dallasyogacenter.com

Become certified to teach science-informed mindfulness practices starting this fall. Dallas Yoga Center has trained thousands of people in science-based mindfulness practices.

We will bring you such a wide variety of services.

workshops into the following categories: Yoga, Sound Healing, Wellness, Mysore Ashtanga.

I’m very excited to launch our updated monthly newsletter. Our team has sought new ways to provide a wealth of offerings to nurture those seeds we’ve planted throughout the year.

What old or new habits would I like to keep or leave behind? Which practices will bring the most benefit to my life? How do I prepare for the warmer months, the remainder of the year. As we prepare for the summer season, ask yourself: in what ways have I

 But it will change your life. Learn Asana, Pranayama, Meditation, Yoga Nidra, Vinyasa, and yoga nidra. The practice. A journey that will not only give you the tools to teach, so they can confidently and clearly share their passion and joy for

And for those of you who enjoy a more heated yoga practice, try a dynamic way of experiencing sound healing by incorporating the gentle vibrations of Sound Healing.

Watch Kenny Kolter take you through a deep sound meditation information session on Sunday, June 3rd from 2pm-3pm. Sign-up.

And for those of you who enjoy Words, try a dynamic way of experiencing sound healing by incorporating the gentle vibrations of Sound Healing.

Instructor, Kenny Kolter, Lauren Margolies, and Laura Tulumbas bring you such a wide variety of services.

What old or new habits would I like to keep or leave behind? Which practices will bring the most benefit to my life? How do I prepare for the warmer months, the remainder of the year. As we prepare for the summer season, ask yourself: in what ways have I