



We've changed our look!

Dear DYC Students,

The summer season is an opportunity for renewal, detox, and to reset our intentions for the remainder of the year. As we prepare for the warmer months, take a moment to reflect on your growth and development, maybe ask yourself: in what ways have I sustained or improved my health?

What old or new habits would I like to keep or leave behind? Which seeds of well-being would I like to watch grow? At DYC, we continuously seek new ways to provide a wealth of offerings to nurture those seeds whether it's through yoga, mindfulness, sound healing, or wellness.

I'm very excited to launch our updated monthly newsletter. Our team has worked diligently to share with you our many offerings. Each newsletter will open with featured events and trainings like our [Mindfulness Certification Training \(MCT\)](#) starting June 16th and our [200 hour Yoga Teacher Training](#) beginning August 17th. We then organized our workshops into the following categories: Yoga, Sound Healing, Mindfulness, Ashtanga, Wellness, and Class Highlights. It is with immense gratitude for our instructors and practitioners that we are able to bring you such a wide variety of services.

During the month of June ([starting tonight!](#)) our talented and gifted instructors, Kenny Kolter, Lauren Margolies, and Laura Tulumbras bring dynamic ways of experiencing sound healing by incorporating [reiki](#), an energy healing modality, and [yoga nidra](#), a movement practice for rest and

relaxation. Be sure to check out our many events occurring!

And for those of you who enjoy a more heated yoga practice, try a different style with our [Introduction to Ashtanga](#) workshop with Dean. If you have an established Ashtanga practice, then deepen your understanding of the yoga sutras, explore the Tristhana method with breath, bandha, and drishti, and deepen your backbends with [Taylor Hunt the weekend of July 27th-29th](#). We also offer an [Ashtanga basics](#) class with Marisa Sikes every Thursday from 7:30pm-9pm.

Taking time out from our busy schedules to go on a retreat can be a challenge. On Sunday, June 10th, Kay Colbert, LCSW will be leading a [Sunday Morning Mindfulness: half-day retreat](#) at DYC. All levels of experience are welcome to attend!

Also, the newsletter will highlight DYC wellness related events that are designed to bring greater balance, health and wellbeing. Discover new levels of connection for the body, mind and spirit as DYC offers programs such as [8 week chakra therapy](#), [soul CPR](#), and [women's moon gathering](#).

And don't forget to check out the new updated [June schedule](#). As you will see there are some new class changes and new instructors. I will be teaching the [Embodied Vinyasa on Tuesday evenings](#) - blending a transformative mix of somatic, embodied, prana filled practices.

Please have a look around and share your input. Let us know how we can improve and continue to support your practice.

Thank you DYC community!

Namaste,

David
Owner/Director
Dallas Yoga Center
www.dallasyogacenter.com
214-443-9642

FEATURED EVENTS

Mindfulness Certification Training (MCT)

Become certified to teach science-informed mindfulness practices starting June 16th for 3 weeks.

Dallas Yoga Center has trained thousands of people in science-based and experiential mindfulness practices. Through its Mindfulness Certification Training (MCT), DYC brings together the best local instructors and national luminaries in the field to create an in-depth, interactive and comprehensive program.

DYC's evidence-based mindfulness expert trainer, Kay Colbert, LCSW, will lead the training. Nationally renowned contributors include Dr. Christopher Willard, author and Harvard lecturer on mindfulness and psychotherapy, who will teach the psychology of mindfulness, and Meena Srinivasan, international thought leader and author of 'Teach, Breathe, Learn', who will train on mindful teaching methodologies. Click [here](#) to learn more.

Training Dates

*Saturday and Sunday, June 16th and 17th, 10AM-5PM

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

Saturday and Sunday, July 14th and 15th, 10AM-5PM

*No classes the week of fourth of July.

Pricing:

Early registration (before June 11th): \$895

After June 11th: \$950

40 CEs are available for Psychologists, LCSWs, and LPCs at an additional \$45.

For more details:

www.dallasyogacenter.com/MCT

Email: mindfulness@dallasyogacenter.com

Call: 214-443-7894

Register



Find out what our MCT Graduates have to say about the program.

MCT Information Session:

Learn more about the Mindfulness Certification Training by attending our information session on Sunday, June 3rd from 2pm-3pm.

Click [here](#) to sign-up.

200 Hour Yoga Teacher Training



The 200 hour in-depth yoga training offers a unique opportunity for students to learn the fundamentals of teaching yoga. It provides a

comprehensive and deep understanding of yoga teaching as a transformative practice.

Students are encouraged to discover their own voice as a teacher so they can confidently and clearly share their passion and joy for the practice. A journey that will not only give you the tools to teach, but it will change your life. Learn Asana, Pranayama, Meditation, Anatomy, Sequencing, The Business of Yoga.

Click [here](#) to learn more.

Training Dates

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

August 17-19

September 7-9

October 5-7

October 19-21

November 2-4

November 30-December 2

For more information:

<http://dallasyogacenter.com/teacher-training>

Email: 200hrteachertraining@dallasyogacenter.com

Call: 214-443-9642

Register

Yoga Teacher Training - Information Session

Find out more about our Yoga Teacher Training program by attending our free info session on Saturday, June 16th from 2pm-3pm.

Click [here](#) to sign-up.

SOUND HEALING

Gong Meditation

The physical sound and vibration of the gong is powerful and soothing, invigorating and relaxing. Enter the studio, lie down on a nest of blankets and bolsters, and allow the sounds to “wash” over you as Kenny takes you on a deep inward journey. [Learn more.](#)

Upcoming events:

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

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

Price: \$25



Watch Kenny Kolter take you through a deep sound meditation with gongs, bells, and singing bowls.

Register for June 1st

Register for June 30th



Reiki and Sound

Laura Tulumbus & Lauren Margolies

Thursday, June 7th
6:30pm-8pm

Price: \$70

Come discover a gentle way to unwind and reconnect with Reiki and Restorative yoga poses facilitated by the gentle vibrations of Sound

Healing. This workshop designed to bring balance and healing to the body, allowing you to find peace and tranquility within. [Learn more.](#)

Register



Sound and Nidra

Lauren Margolies & Kenny Kolter

Friday, June 15th
6:30pm-8pm

\$35 by June 5th, \$45 after

The ultimate nourishing rest- this session will include a guided Yoga Nidra, or Yogic Sleep, with therapeutic sound vibrations.

The session will begin with a guided meditation to center your energy and focus the mind while bathed in vibrations from Kenny's gongs. Then you will explore bringing sound into the body through the use of toning (chanting with seed sounds). Your body will be surrounded by sound – both inner and outer waves of vibrations. [Learn more.](#)

Register



Reiki, Restore, Relax

Laura Tulumbus and Kenny Kolter

Thursday, June 21st
6:30pm-8pm

\$60 by June 11th, \$70 after

Are you feeling tired and fatigued? Come discover a gentle way to unwind and reconnect with Reiki facilitated by the gentle vibrations of Sound Therapy while reclining in supported restorative yoga poses. [Learn more.](#)

Register

MINDFULNESS



Sunday Morning Mindfulness

Kay Colbert

Sunday, June 10th
9AM-12PM

\$55 by June 5th, \$65 after

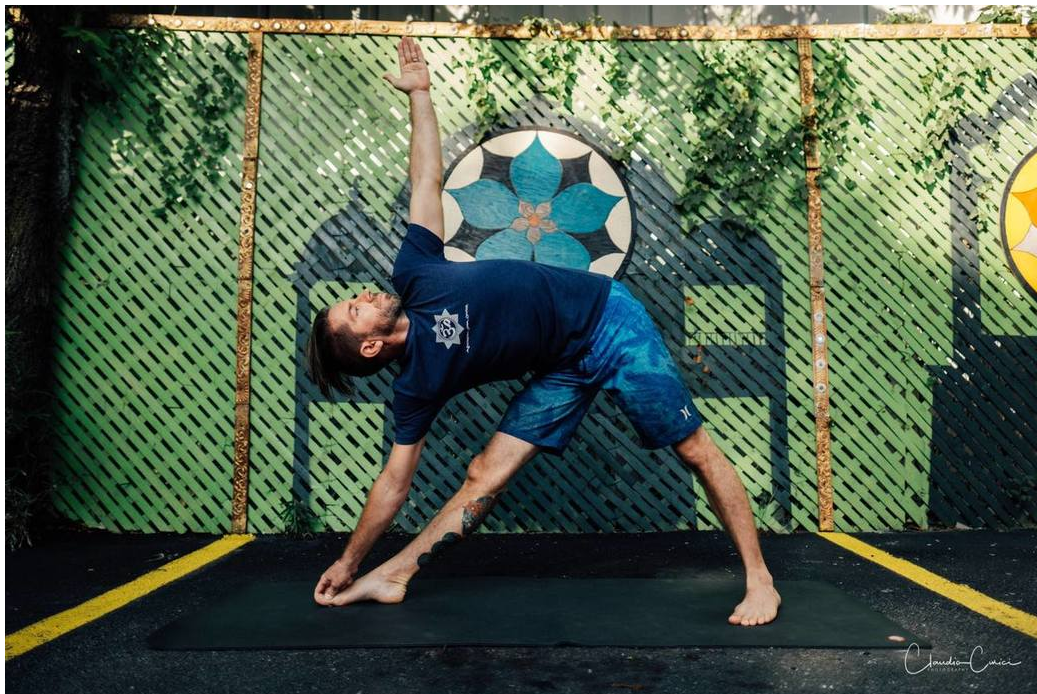
Sunday Morning Mindfulness is a local, half-day retreat

where we will explore what it looks like to practice moment-to-moment awareness with kindness and curiosity. Mindfulness has been defined as the ability to pay attention, non-judgmentally, with acceptance.

Our “mini mindfulness retreat” will include sitting meditations using the breath, self-compassion and a mindful focus, body scan meditation, walking meditation, and simple mindful movement. [Learn more.](#)

Register

ASHTANGA



Introduction to Ashtanga

Dean Hollingsworth

Sunday, June 10th, 2pm-4pm

\$30 by June 1st, \$40 after

We will begin this workshop by delving into the philosophy of Ashtanga yoga. Ashtanga is a Sanskrit word than means “eight limbs”. These limbs will be explained as they were laid out by Patanjali in the Yoga Sutras thousands of years ago. [Learn More](#).

Register



Ashtanga Immersion Weekend

Taylor Hunt

Friday, July 27th through
Sunday, July 29th

[Register for all five sessions with Taylor Hunt for \\$175 by July 17th](#)

Sutra Talk: This two-hour workshop is designed to explore the fundamentals of Patanjali’s Yoga Sutras. [Learn more](#).

Price: \$40/\$20 by July 17th

[Regsiter for Sutra Talk](#)

Mysore Ashtanga: For students with a current Mysore Practice.

Price: \$35

[Register for Mysore Ashtanga](#)

Tristhana Method: Breath, Bandha & Dristhi: Come prepared to explore the basis of the Ashtanga method known as tristhana. Tristhana means the three places of attention: breath with bandha (internal energy locks), asana, and dristhi (gazing point). [Learn more](#).

Price: \$60

[Register for Tristhana Method](#)

Mysore Ashtanga: For students with a current Mysore Practice.

Price: \$35

[Register for Mysore Ashtanga](#)

[Deepening Your Backbends](#): Learn proper alignment and technique to safely approach back bending. We will explore a rich collection of backbends from the Primary and Secondary series designed to open the front of the body and realign the spine. [Learn more](#).

Price: \$60

[Register for Deepening Your Backbends](#)

WELLNESS



8-Week Chakra Therapy Series

Paula Weithman

Begins June 6th

Every Wednesday, 6:30pm-8pm

Price: \$160

The Chakra System is a pathway of which energy flows through our bodies, connecting our body and

mind. This energy or life force is also referred to as “prana”. When the mind is at ease, our prana flows smoothly, often leading to more energy and creating a sense of aliveness. [Learn more](#).

Register

Soul CPR - CHAOS: Honoring Soul in a Troubled World

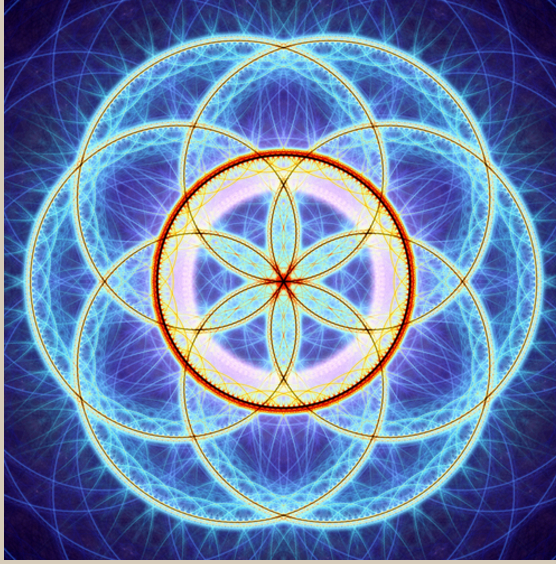
Linda Sprague

Saturday, June 23rd

2:30pm-5:30pm

\$50 by June 13th, \$60 after

Whatever troubles, challenges and heartaches we are dealing



with seem magnified within the current energy flow of shock, chaos, confusion and disunity.

The purpose of this SoulCPR Workshop is

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

we stand on

- To retrieve and heal our shattered souls
- To extend compassion and healing to the collective body and the Earth

[Learn more.](#)

Register



Women's Moon Gathering

Linda Sprague and Denae Richards

Sunday, June 24th
3pm-4:30pm

\$20 limited space available

In our journey to reach wholeness, we place great emphasis on our feminine

nature and the experience of being a woman. We also encounter gifts from the masculine to help us attain experiences that validate us in our tribe. There is an on-going exchange between the feminine and the masculine. This exchange is internal in each of us and it is external in the people we connect with. [Learn more.](#)

Register

CLASS HIGHLIGHTS



Ashtanga Basics

Thursdays

7:30pm-9pm

[Sign-up](#)

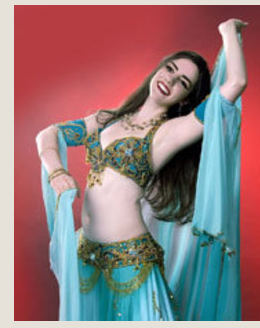


Vinyasa Flow

Mondays

6pm-7:15pm

[Sign up](#)



Belly Dance

Sundays

3pm-4:15pm &

Tuesdays from

7:30pm-8:45pm

[Sign-up](#)

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