



Soul Yoga

Sunday Workshops

1:30 - 4:00pm

The Body in Balance Center

1423 Powhatan St, Ste #7

Alexandria, VA, 22314

The word *yoga* comes from a word in ancient Sanskrit that also provides the root for the word “yoke,” to integrate or join together. In yoga we observe whatever is happening- movement, breath, emotions, sensations, judgments, thoughts – intentionally joining our attention, without judgment, to the present moment.

Soul yoga brings compassionate attention and acceptance to the internal processes of spiritual development as we move through our life stories. Each of the workshops focuses on bringing our practice into a different aspect of daily living, using focused awareness and guided simulations.

Jan 27: The Disciplined Gardener; Practicing self-acceptance

Feb 10: The Power of Love; Opening the heart chakra

Mar 9: Facing Uncertainty; Grace for enjoying transition

Advance registration required. Register with info@usoni.com

No yoga experience necessary. Limited to 12 participants.

\$35/workshop, \$60/ any two in advance. For info: 202-550-5462

