



YOGA AT THE SPA



with Tracy Mohr Wenig

Sunday, August 10 through Wednesday, August 13

Tracy focuses on teaching her students to explore their infinite potential both on and off the mat—to help them find balance, flexibility and grace in every aspect of their lives.

Tracy Mohr Wenig has been practicing for over twenty years. She has studied and teaches a variety of disciplines from Kundalini to ISHTA and Prana Flow in the Shiva Rea tradition.

with Holbrook Newman

Saturday, August 30 through Thursday, September 4

A week's worth of yoga workshops incorporating a variety of targeted Therapeutic Yoga techniques including Yoga for Back Injury, Yoga for Headaches, Chair Yoga for those who sit at a desk all day, Sukshma Yoga (subtle Yoga to prevent aging), restorative Yoga and Pranayama (breath work).

Holbrook places strong emphasis on proper alignment for both the practice of yoga and your body as you move through your day at work and at play.

with Coral Brown

August 24 and 25, September 14 and 15, October 5 and 6, and November 23 and 24.

Join yogini Coral Brown at 1:30PM on Sundays and 10AM on Mondays for 75 minutes of inspired yoga practice. Start your week off right. Awaken the flow of energy within.

Whether you are new to yoga or a seasoned practitioner these workshops will expand your knowledge and increase strength, flexibility and energy.

with Maya Fiennes

Tuesday, November 18 and Wednesday, November 19

When the body is in rhythm there is ease, when the body is out of rhythm, there is disease. The art of healing is self-healing! You will learn how to heal your body and mind with specific mantras and sequence of postures of Kundalini Yoga in Maya's fun, uplifting, and above all, inspirational classes.

The set chosen for this workshop will stimulate the digestive system, generate oxygen in the blood, allow glandular secretion and increase metabolism.