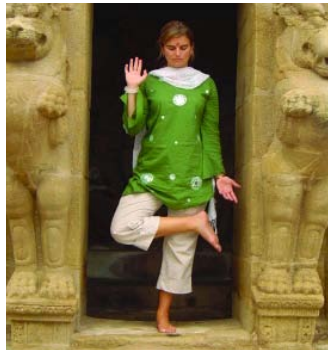




MAYFLOWER DESTINATION SPA DEEP FOCUS YOGA



Mayflower Spa presents monthly Prana Flow workshops with Coral Brown

The first Sunday of each month:
May 6, June 1, July 6, August 3, etc.

Also: Coral will teach an Extended “Deep Focus Yoga” Workshop
format for guests of the spa the week of Sept 21-23, 2008

Join yogini Coral Brown the first Sunday of every month at 1 pm
for 90 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.

Coral Brown teaches Prana Flow yoga: an energetic and creative approach.
She is one of Shiva Rea’s senior teachers and assistants.
Through balanced and fluid sequencing she guides her students on a journey
inward where the body, mind and spirit meet, fostering a safe practice
space where students learn to trust their body’s intelligence and
allow the Prana to connect them with their inner teacher. She is a student
of the Flow and strives to embody this in her practice and daily life.

www.mayflowerinn.com 860.868.9466

“Heaven on earth! It would be hard to find a better place for a yoga immersion.”

— LESLIE P.