



Brought Back by Popular Demand

PRESENTS THE:

# SATURDAY SEEKER SERIES

## A 12 MONTH SERIES

No Yoga Experience Needed



With Mona Jones and Jimmye Whitfield

Series Continues On  
Saturday, May 14th, 2011

2:00pm - 5:00pm

## WOMEN & MOTHERS

An OH SO SPECIAL WOMEN AND MOTHERS' DAY WORKSHOP (And of course, men are more than welcome – a perfect time to come learn more about your woman!)

You know Yoga and women go together like tea and toast. It's a yummy cozy fit. This workshop is especially created to nurture the many facets of a woman while embracing her well-defined needs, issues and stages of life. A steady practice of yoga can go directly to the heart of a woman's needs. When a woman knows she is complete within herself, all her relationships enjoy the benefit of her knowledge. Just with her presence she uplifts her partner, her children, her parents, her co-workers, her friends, and even those she meets in passing. Let us pamper you. It's Your Day...Don't miss it!!

Coni Lewis will be traveling all the way from The Big Apple/New York City once again to soothe our afternoon with the enchanting vibrations of her Tibetan Healing Bowls throughout our practice! What a wonderful gift to ourselves and our bodies as we move into our asanas while the sounds from the Himalayan temples reverberate within our surroundings!



REGISTER ONLINE AT [www.aryoga.com](http://www.aryoga.com) or send this part in with payment

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 Payment Type: Check \_\_\_ Cash \_\_\_ Visa \_\_\_ MC \_\_\_  
 Credit Card # \_\_\_\_\_ exp \_\_\_\_\_

Payment required: **\$45.00 per Saturday**

Amount enclosed (or to be charged) \_\_\_\_\_

Please Do Not Mail Cash • Payment Due Upon Registration



### Registration

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Arkansas Yoga Center  
1949 Green Acres Road  
Fayetteville, AR 72703