

Love the Skin You're In!

Surrendering to the Love Within

A Yoga Valentine

Sunday, Feb. 12, 1:00–3:30pm

Early Registration \$35, or \$40 at door

Yoga Center of Carmel



Often our deepest dreams of intimacy are colored by fairytales that cannot reach the deeper realms of the love that we are. In the month famous for love, this workshop dispels the smoke and mirrors of popular industries that draw profit from notions of romantic love and invites us to the freedom of living love. Ironically... in releasing the search, expectations, hopes and fears that dance around romance, we find love as the heart of the moment – a moment experienced clearly when we surrender our thoughts and stories one at a time.

Moving from the subtle to the physical, this asana series facilitates awareness of the great intelligence that inhabits the heart. This will be followed by Tibetan Tummo practice. Give a yoga valentine to the one true love that will never leave – *your true self*.

Brie Mathers RYT. McGill University graduate Brie Mathers has addressed thousands across North America with her outreach empowerment seminar *Love the Skin You're In*. Formerly the Yoga therapist and mindfulness practice instructor for the addiction rehabilitation clinic *Recovery Without Walls* in Mill Valley, Brie brings to Yoga a seven-year history of Zen practice and Yogic-Buddhist teacher training with the Mahasiddhas. Author, speaker, coach and Yoga Therapist, she offers yoga classes where she now makes her home in beautiful Carmel-by-the-Sea, California. Connect with her at lovetheskinyourein.net.

Brie is the embodiment of clarity, grace, and vitality. Speaking from her own experience, she inspires and guides students to a deep level of affirmation of themselves and life. With her warmhearted, fun, yet gentle approach, Brie invites students to go deep into their conditioning to discover their root of suffering and through yoga and mindfulness practice gives students an opportunity to discover their true nature. ___Elise Browning Miller, Senior Iyengar Yoga Instructor



Send Registration Form to: Yoga Center of Carmel – “A Yoga Valentine” P.O. Box 1413 Carmel, CA 93921

Name: _____

Phone: _____ Email Address: _____

Attending: Sunday, February 12, 1:00-3:30pm \$35 early registration _____, \$40 at door
www.yogacentercarmel.org email: yogacarmel@aol.com phone: 831-624-4949
Yoga Center of Carmel 10th between San Carlos and Mission, Carmel-by-the-Sea