

“Slow and Mindful”

With

Julia Alexander

Presented by Yoga Center of Carmel



Saturday, March 31

1:00pm-4:00pm

Early registration \$40, at door \$45

Everyone is welcome to participate.
There will be an abundance of movements and rest.

With happiness, Julia is looking forward to returning to Yoga Center of Carmel and sharing with you decades of her explorations of physical and spiritual realms...

In this workshop, Julia will direct your attention to:

- **Experiencing breath's movement as a way to increasing focus and sensing one's own unique rhythm**
 - **Finding structural integrity of alignment**
 - **Learning how to avoid strain and injury**
- **Releasing tension instead of exerting more willpower and effort**
 - **Bringing attention to transitions into and out of postures**
- **Exploring the "sweet zone" between effort and ease with integrity and presence**

Like playing a piece of classical music, there is a PRECISION and structure of the "score" within which the SPONTANEITY of creative process unfolds - a conscious and creative approach to yoga, to life itself...Our carefully refined focus on core body strength makes it possible for postures, movements (and life) to grow joyful and steadfast.

Born in the former Soviet Union and trained as a classical pianist, Julia emigrated to US in the middle of the Cold War. For many years, she had lived and worked in Carmel before moving to San Francisco Bay Area.

Certified as Integrative Yoga Therapist, Julia has been exploring the art and the science of Yoga for over two decades. She considers her work as a teacher a great privilege. Her focus now is less concerned with form, perfection, and presentation, so that the art of becoming present, allowing of the breath, and sensing our experience, may reveal the beauty, power and innate joy of life.



To early register, email Kathleen at yogacarmel@aol.com or send this form with your \$40 tuition to:
Yoga Center of Carmel, PO Box 1413 Carmel, CA 93921

Name _____

Email address _____

Sunset Cultural Center, Cottage #18, 10th Ave. between San Carlos and Mission St., Carmel