

# Wake Up Your Brain

with

*Julia Alexander*

*Saturday, March 25*

*1:00 – 4:00pm*

*Early Bird \$40, or \$45 at door*

*Students of all levels of experience are welcome!*

*presented by*

*Yoga Center of Carmel*

It was believed in the past that once we are beyond our early years, our brain begins its slow deterioration, losing nerve cells, neural connections, growing rigid in its established patterns. But the science of brain change (neuroplasticity) shows that our brain can change for the better at any age. For millennia yogis devoted themselves to the exploration of nature of the mind.

MOVEMENT is the language of the brain and IS THE KEY of its growth and formation. In the words of Albert Einstein, "Nothing changes until something moves". But HOW DO WE MOVE to continue improving and refining ourselves?

You are invited to come and explore FOUR ESSENTIAL PRINCIPALS of such movement, engaging in the process of increasing complexity in the brain. Greater health, vitality, freedom and awareness will arise!

In this workshop, Julia uses gentle yoga and creative and mindful approach to postures.



*Julia Alexander, a concert pianist and certified yoga therapist, brings her artistic sensibility into the process of yoga. She has been a passionate student and teacher of yoga for over two decades, traveling the US and the world, seeking knowledge and integrating it into her life. She shares these experiences with her students, who find her to be a caring, inspiring guide.*

*To early register, email Kathleen at [yogacarmel@aol.com](mailto:yogacarmel@aol.com) or send the 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  
"Wake Up Your Brain" [www.yogacentercarmel.org](http://www.yogacentercarmel.org) [yogacarmel@aol.com](mailto:yogacarmel@aol.com)*