



Follow Your Heart Yoga Retreat with Bea Doyle

February 26-28, 2010
Truth or Consequences, New Mexico



Renew, replenish, and remember how good it feels to follow your heart! Join Bea for a weekend of awesome asana, supportive pranayama, and going to the still-point in meditation, all supported by room infusion with doTERRA's best organic essential oil blends. Then soak away the evenings with mineral baths right in your hotel room! All of our yoga sessions will take place at Mothership Yoga Lounge right in the heart of Truth or Consequences.

FRIDAY 2-4PM

SETTING THE STAGE

Optional Led Practice

FRIDAY 6-8:30PM

GROUND INTO YOU

Hip Openers, Pranayama and Meditation

SATURDAY 9:30AM-12PM

YOU'VE GOT TO OPEN YOUR HEART
TO FOLLOW YOUR HEART

Backbends

SATURDAY 2-4:30PM

TAKE THE INTENTION DEEPER

Twist and Forward Bends, Pranayama and Meditation

SUNDAY 9:30AM-12PM

RIDE THE WAVE OF GRACE

A Potpourri of Yoga's Greatest Poses



Bea Doyle combines nearly three decades of classroom teaching experience with a belief that yoga can transform us to create an atmosphere in her classes that is powerful, active and uplifting. A teacher of Anusara yoga since 2000, she continues to be a dedicated student of John Friend's. Bea is a certified Anusara Yoga Instructor, and is the owner and director of Bhava Yoga Studio in Albuquerque, NM.

\$160

\$190 with Friday
afternoon practice
(tax not included)

REGISTER online at
www.bhavayogastudio.com
or call 505-842-1080.

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