

UPDOG YOGA PRESENTS ...

FIVE STEPS TO SERENITY

A NEW YEAR'S MEDITATION IMMERSION

WITH DUANE UTECH



Please join experienced meditator, teacher and studio owner Duane Utech (E-RYT®) as you embark on a five-week journey into the heart of mindfulness meditation. The Series is open to students of all levels, and will consist of guided meditation tips, suggestions and practices, support readings and meditation practice. All classes will take place at UpDog Yoga Studio B. Cushions and blankets will be provided for student's use.

NEW DATES

Monday, January 9, 2012	...	7:30pm-8:30pm
Monday, January 16, 2012	...	7:30pm-8:30pm
Monday, January 23, 2012	...	7:30pm-8:30pm
Monday, January 30, 2012	...	7:45pm-8:45pm
Monday, February 6, 2012	...	7:30pm-8:30pm

Required Reading: All students will be required to obtain a copy of Pema Chodron's "The Wisdom of No Escape" and Thich Nhat Hanh's "Miracle of Mindfulness" (available at the UpDog or White Lotus Boutique).

Cost for the Workshop Series: \$100 (\$80 if paid by January 6, 2012).

