

Yogi Way & Global Vocal Presents:

Ritual, Yoga & Voice

A 3-day Heart Opening Rejuvenation (Bhakti) – Let the power of your heart's love be free with Gina Salà, William Phelan & Katerina Wen

April 20–22, 2007

Entire Weekend Discount \$100, Drop-ins welcome (see below for single session). Do register early to reserve your space. Add \$5 on day of workshop.



Yogi Way

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www.yogiyway.com
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206.925.YOGA

Gina Salà

www.ginasala.com

Ritual

Friday, April 20th, 6–8 pm, \$20

Candlelight practice with **Gina** and **William**. Yoga as a sacred offering. A beautiful journey towards your inner light!

Asana Intensive

Saturday, April 21st, 7–9 am, \$20*

Purifying the heart with **Katerina**. We regard our body as the temple for the soul. This practice aims to cultivate the light and beauty of this sacred temple. Working deeply with pranayama and dharana control; the cultivation of heart openings and inner fire will be the main focuses of this practice.

*Yogi Way members may use membership. Add \$5 for 1.5h members.

Voice, love and Power

Saturday, April 21st, 1:30–4 pm, \$35

Allow your heart to sing with power and love. **Gina** offers mantra, movement, songs and sound practices to help us to experience the power and pleasure of our voices as divine instruments to open the heart. Experiencing the pleasure of vibration within our bodies, allow the heart and mind to rest in radiant presence where Love sings.

Bhakti Yoga – Dedication to Oneness

Sunday, April 22nd, 1:30–4 pm, \$35

With **Gina** and **Katerina**, expect to brighten and revitalize your essence from the heart center out - bhakti yoga through asana (hatha yoga), pranayama, and sound vibration (nada yoga, japa yoga). Immerse yourself in the ocean of devotion, and experience the power of love.

