



Summer Solstice Celebration

Sunday, June 28, 2009 ~ 10:30am- 3:00pm



A day of summer fun...yoga style!

Relax & Refresh

10:30am – 11:00am

Mint tea and meditation in the garden.

Mixed/Intermediate Yoga

11:00am – 12:00pm

Allyson Manta, RYT 200

Energize and awaken your being to the pleasures of summer with this Summer Solstice Celebration class lead by Allyson Manta. There will be an extended Sun Salutation sequence to energize your body and pranayama to cool your senses.

Relax & Refresh

12:00 - 12:30 pm

Mint tea and meditation in the garden.

Abundance Workshop

12:30 - 1:30pm

Christina Prendergast

Take a relaxing hour to release any feelings of scarcity and tap into the unlimited abundance that exists all around you. Enjoy positive affirmations, creative visualization and a healing group exercise during this fun and comforting class.

Relax & Refresh

1:30 – 2:00pm

Mint tea and meditation in the garden.

Love and Light for the Body

2:00pm – 3:00pm

Natalie Lang, COTA/L

This class will teach you different healing techniques to honor your mind, body and soul. This class will include a collage of stretching exercises and relaxation techniques utilizing guided visualization, Tibetan bowl music therapy, positive affirmations, aromatherapy and ending with a Summer Sun Tea.

All classes are by love donation. Tea and refreshments will be served. Bring water.

Love Donations will be sent to Clark County READS Reading Partner Program

RSVPs are required

Please email your response to allaboutyoga_smcn@yahoo.com
or call (702) 458-8088

**Stress Management Center of Nevada, 601 Whitney Ranch Drive, Suite C-12,
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