

LANDSCAPE OF THE HEART

Aligning with Essential Self

Experiential, Inspirational, Anusara® Yoga Workshop

July 16th, 2011

2:00pm – 7:00pm

Join **Tiffany Wood**, **Stephanie Barton**, and **Dallas Brown** for an amazing afternoon of story-telling, visualization, discussion, experiential skill-based teachings, mantra, Anusara® yoga and healing music.

Journey into the corners of your heart and transform the negative stories of your life into positive clues navigating you toward your destiny and ultimate self. Embrace that which you perceive as your enemy. Invite that which sabotages your joy and ultimate aliveness to transform through self-love. Create your own personal mantra to guide you through your days with joy and ease. Connect and show up in the world as your best self.

Tiffany Wood – Certified Anusara® Yoga Teacher



A master of the art and science of yoga, Tiffany will invite you to look within and embrace what is there while simultaneously revealing your very best Self. She will weave profound alignment principles along with insights from Stephanie's teachings into a heart opening yoga practice. The end result will be a direct experience of the blissful mantra of the heart that naturally arises when we transform the enemies within.



Stephanie Barton - Certified Life Coach,

Transformational Guide, and the creator of the "I AM Energy Clearing" guided meditation CD.

Through Stephanie's inspiring, energetic guidance and clear message, you will discover deep, hidden answers from within. She will guide you to the power of your own heart, accessing coherence through visualization and ancient wisdom. Learn grounding and centering through your inner journey as you begin to integrate your essential self.

Special Musical Guest & Treat! Dallas Brown from Wounded Healer – Native American Flute

LOCATION: The Shop Yoga Studio, 1167 Woodside Ave. TUITION: \$90
CONTACT; Stephanie at (435) 901-2093 or sbarton@lifedreamcoach.com to register