



# Bodhi Tree Yoga

*presents*

## **Living Well:**

***workshop series exploring the yamas of yoga  
with a social justice focus***

**with April Schaefer-Ayers**

**Sunday, February 9**

**1:00 - 3:30pm**

***Yama focus: Ahimsa - nonviolence***

**\$30 registration fee**



Each workshop session in this series will include:

- Learning about the yamas, ethical yogic guidelines
- Reflection time through journaling
- Accessible asana that includes both active and restorative poses
- An excerpt from a non-fiction book or memoir that explores the yama in the context of social justice

Participants are expected to buy/borrow Deborah Adele's book The Yamas & Niyamas and do some advanced reading. Reading assignments will be sent via e-mail before each session.

**Space is limited! Registration deadline is Sunday, February 2nd.**

