



Living Well:

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

with April Schaefer-Ayers

Sunday, March 29

1:00 - 3:30pm

Yama focus: Satya - truthfulness

\$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, March 22.