

Authentic Self Yoga Retreat



with

Marielle School

Sunday, December 17
2:00 - 5:00 PM

Location: Quarryt Arts Building
715 Hill Street Madison, WI
(Park at Whole Foods Market)



BE YOURSELF, EVERYONE ELSE IS ALREADY TAKEN.

-Oscar Wilde

marielleschoolyoga.com

This is an invitation to stand in your own certainty and to experience your soul connection. In this workshop you will be handed the tools to find more freedom in the life that you are leading and also learn to:

- find stillness and natural awareness through meditation
- feel open, soft and strong, all at the same time.
- explore the practice of action and resistance in your yoga poses
- strengthen intuition and body spaciousness without losing yourself



It will be fun, three dimensional and creative. All materials, mats and Yoga props will be provided. Wear comfortable clothes and bring a water bottle.

- Marielle

Send payment of \$40 to:
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