

Soul Star Yoga and Fitness and Zenquility present

Get Your New Year in Gear!

Sunday, January 22

1:00—3:00 PM

Soul Star Yoga and Fitness

13568 Heritage Farms Drive, Gainesville, VA

With the new year underway, this is the perfect time to feed more energy into your resolutions. Come to this special workshop to unite body, mind, and soul toward your intentions for 2012.

You'll enjoy a beautiful Hatha yoga to deepen acceptance of yourself. From here you'll transition into a gentle meditation to highlight what you wish to change or create. Finally a vision boarding session will bring clarity and substance to your dreams.

A workshop fee of \$40 includes all materials except your yoga mat. (We have a few to lend out to newbies.)



Register online at zenquility.com/NewYearInGear

or contact Elizabeth (703-401-2221) or Chris (703-625-4730).

Space is limited to 12 attendees.

Elizabeth Finnan is the founder of Soul Star Yoga and Fitness. She offers a gentler approach to better health by connecting body, mind, and soul.

Christina Ammerman of Zenquility is a spiritual healer who helps people embrace the power to direct their own lives.