

Core Awakening

with *Sean Tebor*

Although the anatomical heart lies in our chest, the energetic heart lies in our core belly. This is the seat of awareness, intuition and understanding. It is our true ground. When we balance the systems of the body on multiple levels, bringing opposites into harmony, we access this sacred belly-space. Our potential for real magic and living fully are realized. We discover a personal experience of the Divine, and faith is inspired as we align ourselves with the innate wisdom (prajna) of the one true Inner Teacher.

During this weekend yoga intensive, we'll look at the fundamental relationship between anatomy and breath relative to core alignment in a variety of postures appropriate for beginning and advanced students. Learn to find the elegant balance between stability and comfort throughout your asana practice on and off the mat.

January 16th-18th, 2009

Friday 6PM-8PM

Saturday 10AM-1PM & 3PM-6PM

Sunday 10AM-1PM

\$150 full weekend

Any single session \$45

Friday \$35

Heights School of Yoga

www.heightsschoolofyoga.com

713.522.1551

Houston, TX

