

# Rivers of Life:

## *The Yin & Yang of Breathing*

*with Sean Tebor*

Join us for a profound journey into the depths of the intelligent fabric that is the human body. Yoga asana has evolved intuitively over the ages to support our alignment with gravity and to deepen our relationship with Source.

In our weekend intensive we will look at the sacred pathways in the body through which the breath of life flows, and how this primal movement beckons to us to balance our structural and energetic relationships.

Merging Western and Eastern perspectives, we glimpse the profundity of the intuitive creative space in which asana was born, providing a deeper understanding of our personal practice on and off the yoga mat.

## **Santosh Yoga of Taos**

*Taos, New Mexico*

*575.758.9642*

[www.santoshayogataos.com](http://www.santoshayogataos.com)

October 17th-18th, 2009

**Saturday** 10:30AM-1:30PM &  
3:30PM-6:30PM

**Sunday** 10:30AM-1:30PM

\$45 any single session

\$125 full weekend