



Events

Tuesday, April 1

7:30 to 9:00 pm

Centering Meditation: Return to Unity

This class will begin with gentle movement to guide us into our body's center and then the journey continues into our innermost being: the bones! Here, in the stillness of the core, we can begin to glimpse what it means to be present to all that exists. Bring a yoga mat, pillow and blanket. \$15.00

Tadasana Yoga Studio, 2700 W. Homestead Rd, #10 (Jeremy Ranch), Park City, UT 84098

Monday, April 21

6:00 to 7:30 pm

Artist, Magician, Warrior, Lover, Child: Exploring the Sacred Archetypes

Have you ever wondered what forces are at work when you have an idea, put it into action and then it turns out very differently from what you expected? Welcome to the world of archetypal forces which tend to govern our perceptions and thoughts in subtle ways. Understanding these fundamental patterns that underlie all human interactions gives you a valuable tool to create your world in a more focused and conscious manner and opens your heart with newfound compassion for yourself and others. \$25.00

Park City Yoga Studio, 1662 Bonanza Drive, Park City, UT 84060
www.parkcityyogastudio.com

Tuesday, April 22

7:30 to 9:00 pm

Grounding into Matter: Celebration of Earth Day

Come join us and help celebrate our life on this beautiful planet we call home. We will use music, energy healing techniques and meditation to bring our bodies in alignment with the powerful spiritual influences of the season. Bring a yoga mat, pillow and blanket. \$15.00

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