



## *In the Shadow of Bears* **Yoga & Meditation**



**DATES:** *June 19th and Aug 7th*

**TIME:** *8-10 a.m.*    **COST:** *\$30*

*Preregistration required. Class size limited.*

You are encouraged to bring a yoga mat or one will be provided to you.

*Experience yoga as it was originally intended by getting out of the studio and into a natural setting. We've developed a unique yoga experience only available at the Vince Shute Wildlife Sanctuary. Come and join us for access to a spot of natural power. Find your inner doorway to the natural rhythms of nature by practicing yoga and meditation and becoming one within the shadows of the normally reclusive black bear. Surround yourself with the bears and awaken your senses, enhance your focus and reconnect to the natural world. This class will be instructed by Carol Carlson who has been teaching yoga for 30 years and is a certified IKTA instructor.*

“Being outdoors gives you access to a whole other world of sensations. It helps you feel part of a boundless existence, at one with an intelligent and sympathetic universe,” says Garrett Sarley Dinabandhu, president of the Kripalu Center for Yoga and Health, “The pure unpredictability of being outside and exposed to the elements can strengthen an existing practice or inspire a new one.” ”

**CLICK HERE TO REGISTER**

