

RESOLUTION

A Special Yoga Practice
with **KELLY HEATH**

RESOLVE

Every year we make resolutions, and it seems every year we neglect to keep them. Learn the real meaning of 'resolution' and how to make your intention for the new year be one that lasts through the next 12 months and beyond. This special class with Kelly will set your heart on a course where you will be able to create abundance and joy within your life through your yoga practice. Class will include a dynamic vinyasa practice, meditation and a deep relaxation that will help you to really settle into the place of 'resolve' with which you want to begin a new year.

SHOW UP

Saturday
January 9, 2010
4:30-7:00 pm

INVEST

\$25 by Jan. 4
\$32 after Jan. 4



ABOUT KELLY A certified Baptiste Power Vinyasa yoga teacher, 500-ERYT and former studio owner, Kelly enjoys fusing together the many wonderful influences she's had from teachers such as Shri Dharma Mittra, Baron Baptiste, Shiva Rea and John Friend. While her classes tend to be vigorous and physically challenging, their actual power stems from each student's internal experience. Kelly thrives on building yoga communities and encourages all to recognize that a generous, compassionate nature gives us the wonderful opportunity to transcend our limits and let go of what no longer serves us creating space in our bodies, our hearts and our minds. For more information on Kelly, please visit www.kellyheath.com.

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