

# SACRED RHYMES FOR SACRED TIMES

## *Yoga Poetry-Flow-etry*

Yoga teacher and spoken-word artist, *Lisa Shalom*, presents Yoga Poetry Flow-etry, a day-long workshop designed to **channel the mind's rich creative capacity through movement, breath, rhythm and rhyme.** Together we will set the stage to welcome the peace and presence essential to bringing about opening and flourishing of the body, mind and spirit through word flow and yoga flow. Participants will be guided in **dynamic exercises** in an accessible, rich and healing format for individuals of all walks of life and levels of experience, within individual and group structure. Those who wish to loosen the reigns of self-affirming expression will find **creative outlet** within a supported, safe and entertaining environment.

**Sunday, November 28<sup>th</sup> 2010 – 14h to 18h**

**YOGA DIRECTION Studio:**

**[www.directionyoga.ca](http://www.directionyoga.ca)**

**410 St-Francois-Xavier # 2, Old Montreal**

**Metro Place D'Armes or Square Victoria**

**Cost: 35\$**

Limited number of spaces available, so be in touch to reserve

**514.903.2943 or 514.268.5796**

**[www.shalomtoyou.com](http://www.shalomtoyou.com)**

