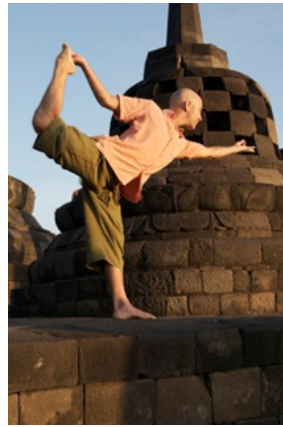


Vibrant Living Yoga Workshop

23 - 24 - 25 July, 2010



Daniel Aaron, founder of www.RadiantlyAlive.com, author, teacher and human potential coach, directs the Vibrant Living Yoga School and Teacher Training in Bali. He shares his passion for yoga, and how to use it as a potent tool to evoke our highest potential for health and happiness, guiding students to accept themselves fully and challenge their limitations. Mixing a diverse yogic education with dozens of modern masters (JivaMukti, Ashtanga, Iyengar), his own experience of 'the teachings,' creativity and spontaneity, Daniel creates classes that are eclectic, fun and inspiring. For information about him, the teacher training, workshops and retreats in Bali, and around the world, please see DanielAaron.com.

REGISTRATIONS

Contact Puja

e mail: info@yogaom.net

Ph: 9349 9472

The Workshop

Through challenging vinyasa and sequencing that amplifies both strength and concentration, we sweat our way into an expanded capability to achieve flow state in our practice and our lives. Intro to the philosophy of Vibrant Living, from Patanjali to Positive Psychology, Asana to Raw Nutrition. Vibrant Living Yoga, known for its emphasis on holism and lifestyle development, guides us to reach our maximum delight through all aspects of our life on and off the mat. Through lecture, question and response, discussion, guided meditation and visualization, this workshop invites us into a fuller understanding of the yoga of our lives. MAGIC!!

WHEN: 23 - 24 - 25 July, 2010

WHERE: Yoga Om

TIMES:

Friday Evening: 6 - 8pm

Saturday Morning: 10 -12:30pm

Saturday Afternoon: 2:30 -5pm

Sunday Morning: 10 -12:30pm

Sunday Afternoon: 2:30 - 5pm

COST:

Weekend Workshop

\$300 Early bird (*Book before 30 June*)

\$340 Thereafter

Saturday OR Sunday only:

\$160 Early bird (*Book before 30 June*)

\$175 Thereafter

**YOGA OM
STREET**

315 FITZGERALD STREET NORTH PERTH WA 6006 CORNER VINCENT

FULL WORKSHOP PROGRAM VISIT

www.yogaom.net