

The Art of Possibility

All-Day emPower Vinyasa Yoga Immersion with Valerie Baltzer

Saturday, April 20th, 2013

At **SECOND WIND**, in Swansboro, NC



What would you do if you knew you could not fail? The possibilities are infinite...

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us." ~Marianne Williamson

Create space & acquire the tools for living an emPowered life through this immersion experience. Master the emPower Vinyasa Yoga Sequence for personal yoga practice, explore the precepts of purpose, and integrate the skill of sharing with others... both on and off the mat. In this powerful intensive, you will learn:

- To master the emPower Vinyasa Yoga Sequence of Poses/Options, Meditation, and Pranayama
- Create a Personal Practice
- 10 Tenets of Living Yoga
- Growing the edge through Self-Inquiry & Compassionate Communication
- Partnering & Assists
- Being of Service and co-Creation

This immersion is for both new beginners and seasoned practitioners who may already be teaching or interested in becoming teachers. Includes meals, snacks, and fresh cold-pressed juices. There will be breakwork and discussion during mealtimes. If the offered meals are not suitable for you, please bring a bagged lunch/dinner.

Five 1-3 Hour Sessions, 9AM-8PM:

- **9-11AM** Warm Vinyasa Yoga Practice
- **11AM-Noon** Foundation, Building from the Ground Up
- Lunch (Included, No Dismissal)
- **1-3PM** Asana, Inquiry, and Meditation
- **3-5PM** Integration, Moving from Center
- Dinner (Included, No Dismissal)
- **6-8PM** Expansion, Stepping into Possibility



Cost \$150, Register before Mar 31st & Save \$25

Single Session \$40

Transcending Yoga 200 or 500 Module

12 CEU's Available, \$5 for Certificate)

To Register:

SECOND WIND ECO TOURS & YOGA

208 West Main Street

Historic Downtown Swansboro, NC 28584

Phone (910) 325-3600 or (229) 343-7268

Online at www.transcendingyoga.com

Valerie Baltzer is an experienced yoga teacher, registered by YogaAlliance at the highest level, ERYT500. She has been a humble student and practitioner of the tradition since 2000, and a teacher of the art since 2005. She has studied under the tutelage of such wonderful teachers as Beverly Burt, Judith Lasater, Doug Swenson, Paul Grilley, Sarah Powers, Seane Corn, and most recently Baron Baptiste. She is an Off the Mat, Into the World™ Leader facilitating leadership programs about yoga and activism. Valerie is Director of Teacher Training for Transcending Yoga, and Founder and Chairman for The J.O.Y. Project. She brings a playful approach to a powerful practice, simple for beginners yet open enough for advanced practitioners. www.valeriebaltzeryoga.com