

LEARNING TO LET GO....

In learning to let go, we discover a freedom that is always present and infinitely expanding...

Join us for an evening of inspiration, expression, yoga, Groove dancing, meditation, visualization, self awareness, healing and empowerment!

Together we lovingly move through the barriers that keep us stuck, release the grips that we're holding onto, let go of the past and learn how to "clear the fear".

Freedom is always there...it's just waiting to be surrendered into...
Are you ready to set yourself free and remember who you are? ??



- Dress comfortably.....ready to move & groove
- Snacks and refreshments served after we play
- This invitation is open to all.....Let's expand, breathe and let go together!

Saturday, Sept. 18, 2010
7:30—9:30 pm

\$35 per person in advance
\$40 per person at the door

RSVP as space is limited.

The Yoga Sanctuary
291 Danforth Ave, Toronto
www.theyogasanctuary.net

Your Hosts:
Brooke Jillian
Tara Antler

To learn more about Brooke:
www.brookejillian.com

To learn more about Tara:
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