

START THE YEAR OUT RIGHT!

***CULTIVATING A HEALTHY BODY,
WISE MIND, AND LOVING HEART***

JOIN LISA GULOTTA & DIANA LIGHTMOON IN

A DAY OF YOGA AND MEDITATION

The day will begin with a gentle yoga workout to slowly awaken your body and senses and prepare you for sitting meditation. Then you will be taught an easy, open-awareness meditation practice that cultivates wisdom and acceptance and kindness towards yourself.

Sitting will be followed by an opportunity to report and/or journal about your meditation experience as a way of developing greater awareness and skillfulness. You will learn from listening to others as well as from gentle inquiry by the teacher. There will be a talk and time for questions and discussion.

There will be time for gentle yoga stretches between sits as well as a final yoga session to end the day.

**SUNDAY, JANUARY 4th
10:30 AM - 4:30 PM**

**SANTA FE COMMUNITY YOGA CENTER
(826 Camino de Monte Rey, Ste B-1)**

\$20 for rent and a donation for the teaching

Please come fragrance-free.

CALL 577-4607 FOR INFORMATION OR TO REGISTER

Diana Lightmoon is a psychotherapist and bodyworker as well as a meditation teacher. She has been practicing meditation for 19 years and has taught classes, workshops, and retreats internationally. She leads a weekly meditation group in Santa Fe.

Lisa Gulotta is a Certified Kripalu Yoga Instructor, Personal Trainer and Cancer Exercise Specialist and has been teaching for 16 years.