



# FIND YOUR TRUE NATURE...

## Vision, Awareness, Awakening!

Join instructors, Beth Lefebvre and Anna Eshoo for an afternoon of self inquiry and discovery through spinal release yoga (SRY), visioning, and more.

Gain awareness of where you are, investigate possibilities, create vision. Return to center, come to stillness, reset, renew... Learn to let go into the stillness of your own being.

Learn to release pain, relieve insomnia, de-stress through SRY. Get comfortable in your own skin; come home to land softly in the sacred space of your body.



Beth Lefebvre, ERYT 500  
Yoga Instructor, Yoga Therapist,  
Bowenwork Practitioner and Reiki  
Master has been practicing in healing  
arts for 15 years and teaches  
embodiment yoga as a pathway to  
deep connection and pain release.

OCTOBER 14TH, 2017

1:00-5:00PM

\$40 IN ADVANCE

\$45 AT THE DOOR



Anna Eshoo, ERYT 500, MBA  
Yoga Instructor  
Teaching for over 10 years, Anna is a  
visionary with strong leadership skills deeply  
committed to gentle practices that  
strengthen and lengthen, bringing awareness  
within through breath, mind, and body.

Yoga Center of Carmel, Sunset Cultural Center, Cottage #18,  
10th Ave between San Carlos and Mission St., Carmel-by-the-Sea

To pre-register please contact Kathleen by email:

[yogacarmel@aol.com](mailto:yogacarmel@aol.com)

For more information: [www.yogacentercarmel.org](http://www.yogacentercarmel.org)