



New On-Line version of my super popular Living Yoga course!

I want to share this life-changing, soul-nourishing and consciousness-evolving course with more of you so now you can be with me live and on-line one Monday night/month from 7pm - 8:00pm from the comfort of your own home or the convenience of your phone.

This year's theme: Moving from Consumer to Creator/Collaborator - Weaving the teachings and practices of Yoga, Ayurveda and Mindfulness into your life for personal and planetary health and wholeness.

Stop mindlessly surfing the web and get connected to teachings, practices, and a community of people who are committed to not only their evolution but also personal and planetary wellness. I can promise you more joy, more ease in your mind/body/spirit and very practical ways that we can all start to be the change now that needs to happen to have a direct impact on our personal health and the health of our planet. You are a creator, you know that. What lights up your soul is not another pair of jeans. You were designed to live the life that lights up your soul. Spend time guided by teachings and practices that lead us to our dharma - your sacred purpose, your calling, what you are here to do now. This lights up your entire life and from that place, you become the artist of your own life creating and collaborating with your dreams and the Earth. It is a bit magical and entirely possible.

What you get:

- A monthly email from me with a link to join our live session via Zoom meetings on Monday nights
- If you cannot join the live session, I will email you a link to a recording of it so you won't miss a thing.
- A monthly handout "tip sheet" based on the lesson and inspiring you to live this stuff!

What are we going to do together?

- Each month we will dive into a particular teaching from either Yoga, Mindfulness or Ayurveda designed to uplevel our health and wellness while offering clear and simple ways we can start now to shift our relationship and consciousness from being a consumer to a creator/collaborator.
- We will practice meditation together in each lesson.
- Each month you will receive a handout that informs the lesson and how you can take that lesson and apply it to your life.

Details:

- We meet the last Monday of every month from 7pm - 8:00pm LIVE or you can listen to the recorded lesson whenever it is convenient for you.
- Dates for the LIVE CALLS:
 - January 27
 - February 24
 - March 30
 - April 27
 - May 25
 - June 29
 - July 27
 - August 31
 - September 28
 - October 26
 - November 30
 - December 28

Prerequisites:

- An open mind and heart.
- A willingness to make small changes in your daily life and habits in order to evolve.
- A commitment to personal and planetary health and wholeness.
- A desire to be a creator which means you take responsibility for your actions and your life while being open to possibility.

Investment:

- **\$25/month for 12 months**
- **or \$270 for the year if paid in full (savings of \$30)**

To register:

- Click here <http://www.yogiblossom.com/classes.php> to complete the registration form and pay either your first month's tuition of \$40 or pay for the entire year at once \$450 (that's a \$30 savings).
- If you would like to pay monthly, please fill out the Credit Card Authorization Form and send it back to me.
- Within 24 hours you will receive a confirmation email from me and the link to our first LIVE LESSON on January 27th.
- You will also receive a bonus suggested reading list that will deeply enhance your experience of each lesson.

