

THE NEW MOON PRACTICE

Yin Yoga and Intention Setting

The new moon phase is an optimal time for envisioning and carefully planting the seeds of your intentions for the coming times.

The New Moon Practice includes a 75 minute Yin yoga class and a guided meditation. We will also be led through a simple exercise to help establish and nurture our goals for the rest of the month.

NO EXPERIENCE NECESSARY.
SUITABLE FOR BEGINNING AND ADVANCED STUDENTS.

DATE/TIME: April 10, 2013; 6:00 - 8:00 PM
LOCATION: TBA: Stay tuned for Park City location
COST: **\$20: Pay in advance to reserve spot.**
Via Pay Pal to ariel@lowowl.com
or pay at **Mt. Sage**
1881 Prospector Ave.
Park City, UT.
\$30 drop-in, if space permits.
- SPACE IS LIMITED -
CONTACT: 435.640.7903 or ariel@lowowl.com

Yin Yoga

Yin yoga uses longer, passive holds and works on the dense connective tissues of the body. It is an often-intense yet quiet practice. It helps release mental and physical tension. Yin yoga is an excellent complement to a busy lifestyle and to Yang activities like sports, vigorous exercise, and other forms of yoga.

Dr. Babbie Lester, is a Naturopathic Physician and a Licensed Acupuncturist (LAc.). She has studied Shamanic medicine and ritual with the Four Winds Society and Dr. Theo Parades in the U.S. and Peru for the past 14 years. Dr. Babbie uses the philosophies of naturopathic medicine, the wisdom of Classical Chinese Medicine and the spirit of shamanic medicine into her work.



Dr. Ariel Ford holds a doctorate degree in clinical psychology and is a certified yoga instructor. She recently opened Low Owl Wellness and partners with clients to guide them through enlightened problem-solving. She offers a variety of practical insights and useful tools based on individual needs. Dr. Ariel believes that the profound is always expressed through the practical.