

# Yoga Center of Cape Cod

Presents

# Lisa Goodwin

International Yoga Teacher • Life Coach • Inspirational Speaker



## Friday Aug. 26th

### Hot Yoga Flow

5:30pm - 7:15pm \$30.00

Experience Lisa's inspirational teaching style as she guides you through a dynamic vinyasa flow of love, breath and fullest expression of each pose. This class will awaken your life force energy and leave you feeling invigorated and alive.

### Ancient Wisdom for Modern Times Part One

7:30 - 8:45pm \$30.00

Empower your yoga with the Wisdom of the Yamas. Infuse your existing yoga practice with a deeper understanding and a new perspective on how the choices you make affect your external world. A must for all students, not just of yoga but of life!

## Saturday Aug. 27th

### Posture Clinic

11:00am - 2:00pm \$75.00

Celebrate your body and challenge yourself to discovering a new edge of your asana practice. This workshop is conducted in a non-heated room, designed to teach proper alignment of various standing postures. You will learn in three hours what could take months to understand!

### Ancient Wisdom for Modern Times Part Two

6:30pm - 7:45pm \$30.00

Empower your yoga with the Wisdom of the Niyamas. Go deep into the the questions and exploration of right relationship and skillful living. Discover how your choices affect your internal world. Lots of life changing insights... don't miss it!

## Sunday Aug. 28th

### Yoga Flow & Guided Meditation

11:00am - 1:00pm \$35.00

Warm Yoga Flow with hip opening sequence to help relieve/prevent lower back and joint problems, ending with guided meditation.

**Weekend Package Discount:**  
Pre-Pay \$175 by Aug. 10th

To Register please call:  
508.385.8034

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