



Yoga Workshop Series

with Scott Willis

creator of Hits the Spot Yoga

Rejuvenate your Practice, Reconnect with Yourself

Each workshop features:

- **Morning practice:** 2-hour flow of poses, breathwork, and contemplation
- **Introduction to the many practices of Hits the Spot Yoga**—and how they can support you
- **Discussion and meditation upon guiding principles:** gratitude, lovingkindness, forgiveness*
- **Poses clinic:** Hits the Spot Yoga approach to backward bends, inversions, hip opening poses, sequences*
- **Practical yoga philosophy** that relates directly to your life

Join us for the full four-workshop series—or just the workshops you want.

*Each workshop focuses on one guiding principle and one poses clinic. Contact us for info.

Sundays 9:00am – 4:00pm

<p>Brattleboro, VT</p> <ul style="list-style-type: none"> • September 27, 2015 • November 22, 2015 • January 10, 2016 • March 6, 2016 	<p>Keene, NH</p> <ul style="list-style-type: none"> • February 28, 2016 • March 20, 2016 • May 1, 2016 • June 5, 2016 	<p>Woodstock, VT</p> <ul style="list-style-type: none"> • January 17, 2016 • February 21, 2016
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\$75 per workshop; \$60 each if you sign up for all four.

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Yoga teachers can earn six continuing education credits (CEUs) per workshop.