



Hits the Spot Yoga

with Scott Willis

And Special Guest

Joshua Davis, Exec. Dir. at Groundworks Collaborative

A Yoga Retreat/Benefit for Groundworks Collaborative

Sunday, January 8, 2017 9am-4:00pm

At the Hits the Spot Yoga Studio at Solar Hill,
229 Western Ave, Brattleboro, VT 05301

9:00 to 11:00am – Morning practice and check-in

- Yoga Poses, Breathwork, Meditation, Group – brief check-in

11:15am to 12 noon

- Introduction to the Hits the Spot Yoga practices
- Gratitude practice – presentation, discussion and practice

12 noon to 12:30pm – Yoga Poses (backward bends) study and practice

12:30 to 1:00pm – Presentation about Groundworks Collaborative

1:00 to 2:00pm – Lunch (on your own)

2:00 to 2:50pm – Practical Yoga Philosophy

- *The Great Work of Your Life* by Stephen Cope - intro
- “Look to Your Dharma” - presentation and discussion of “finding your passion, or hobby or project” (examples - Goodall, Thoreau, Whitman)

3:00 to 4:00pm – Practical Yoga Philosophy

- “Do It Full Out” - presentation and discussion of “enthusiastically investing your valuable time and energy in your passion, hobby or project” (examples – Frost, Anthony, Corot)

All donations (of any amount) will go to Groundworks Collaborative
To register, please contact Scott at scott-willis@comcast.net