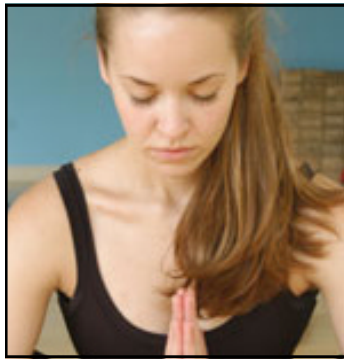


SPECIAL EVENT



The Art of Mindful Living

with Michael Faith

4-week series: May 14 - June 4

Wednesdays from 6:30 - 8:00pm

\$60 if registered by May 11, \$70 thereafter

In this four week meditation series with Michael Faith you will be guided through simple meditation techniques that will allow you to experience the magic of being in the present moment. The inspiration for these techniques are drawn from several traditions and fused together to create a balanced and lighthearted approach to this often elusive practice. In addition to meditation the group will explore grounding and healing breath work techniques that will help to calm, soothe, and prepare the mind and heart for meditation. All levels of meditators welcome.

Preregistration is required. Space is limited.

Michael Faith: Michael started his formal yoga teacher education at Rising Sun Yoga Shala in Michigan. He has studied with many senior teachers and is inspired by the practices of Vinyasa and Anusara Yoga.



Michael brings a strong meditation practice and love of eastern philosophy to his teaching. Michael teaches various meditation techniques, as well as chanting, pranayama and asana. Classes emphasize loving kindness, compassion, light-heartedness, and the path to radical self-acceptance.

PLEASE NOTE: This is a four-week series and is meant to be attended on all of the above dates.

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or register on-line at <http://www.bloomyogastudio.com/register>

MAY ART OF MINDFUL LIVING REGISTRATION FORM

Name _____
Address _____
City/State/ZIP _____
Phone _____
Email _____

METHOD OF PAYMENT	<input type="checkbox"/> Cash
	<input type="checkbox"/> Check
VISA, MC, or AMEX	<input type="checkbox"/> Credit Card

Amount _____
Name on Card _____
Credit Card # _____
Expiration date _____
Signature _____

Bloom Cancellation Policies: Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

Visit www.bloomyogastudio.com
for information about classes, workshops & more!