



January 21-23 - Join us at the beach *Move, Breathe, Make a Joyful Noise*

South Padre Island Workshop with Vicki Wolf offers movement, breath, and sound to relax the body and calm the mind. We will enjoy yoga, simple circle dances, chanting and meditation. This weekend by the sea offers an opportunity to explore creating a practice for solace and guidance in the new year.

Friday, 7-9 pm - Dances of Universal Peace

Saturday, 3-5:30 pm - Yoga asana & breath work

Saturday, 8-9 pm - Deep relaxation & meditation

Sunday, 10:30 am - Noon - Creating your practice

Vicki Wolf has been a student of yoga and meditation for more than 15 years and a teacher for ten years, Vicki is certified to teach *Yoga of the Heart*, the yoga-based stress management program developed by Nischala Jov Devi for Dr. Dean Ornish's

"Program for Reversing Heart Disease." Vicki also brings to this workshop the transformational love and joy of Sufi poetry and practices.

When: January 21-23, 2011

Where: Laguna Madre Yoga & Meditation Center
5009 Padre Blvd. Suite #10, South Padre Island

Please Register by January 15: Send e-mail to vicki@vickiwolf.com or call 214-354-5977

or lagunayoga@gmail.com /call 956-761-9642
or come by The Center

Fee: \$80

Class limited to 12 people - register now to reserve your space.