

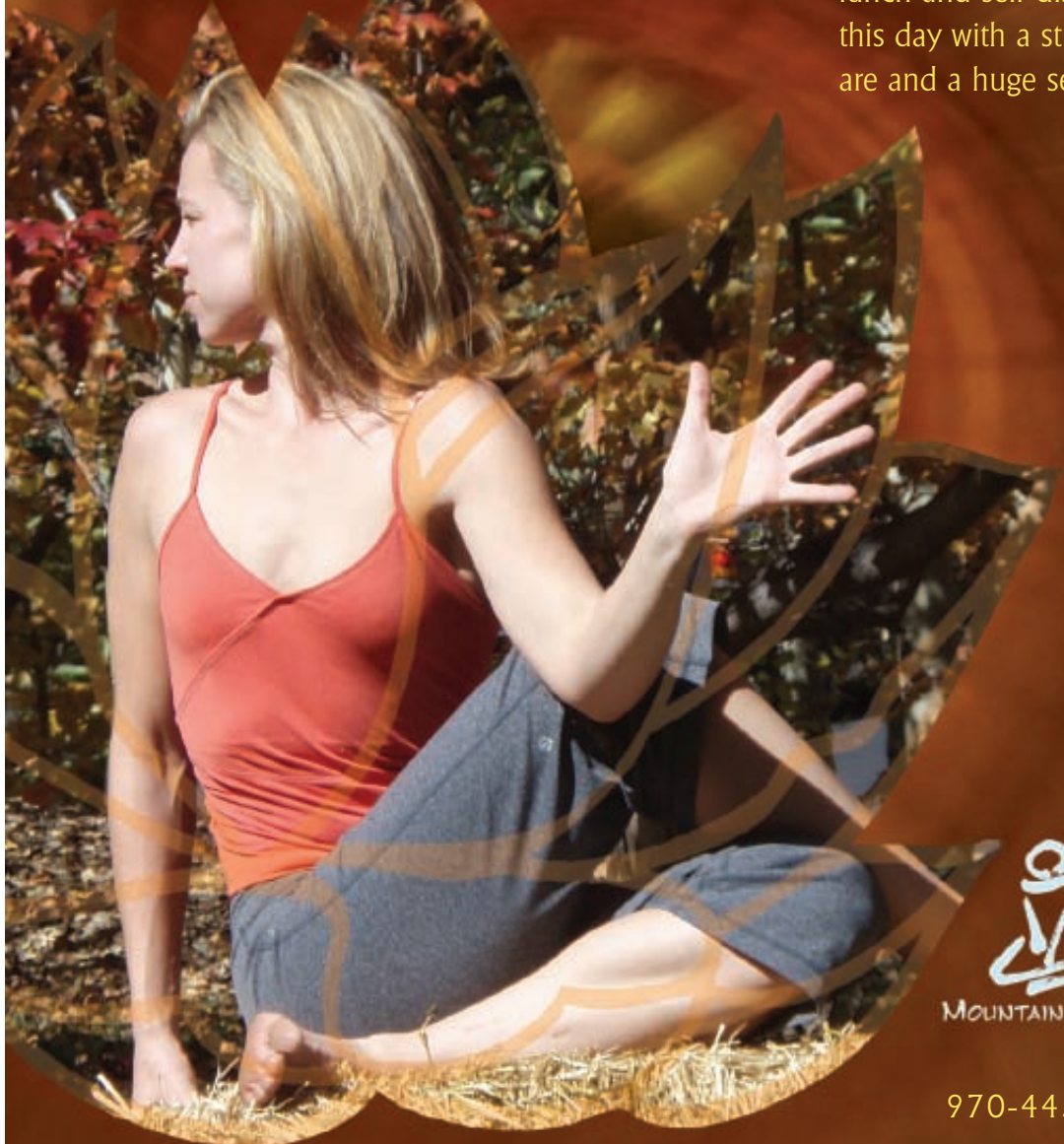
All Day Yoga Bootcamp

with Kelly Heath

An empowering boot camp
to transform and revolutionize

KELLY HEATH

500 Hr. E-RYT, In Process for Associate Baptiste
Power & lead instructor of Mountain Lotus.



Saturday, Nov 17

8:00 am - 4:00 pm

Members

\$75 by Nov. 9 - \$95 after

Nonmember

\$95 by Nov. 9 - \$115 after

Ready to transcend your limitations of the past? Buckle your seatbelts and get ready to sweat. Join a devoted group of Yogi's for a full day of challenge and self discovery. The day will include Baptiste Power Vinyasa, meditation, a healthy lunch and self-discovery group exercise. Leave this day with a stronger sense of who you really are and a huge sense of accomplishment.

Schedule:

8:00

Morning Silent Hike with
Ellen Miller & Seated Meditation

9:00-11:30

Asana Practice

11:30

Lunch (provided by Terra Bistro)

After Lunch

Discussion & Group Activities
until 2:00

2:00-4:00

Asana Practice



at the



MOUNTAIN LOTUS VAIL ATHLETIC CLUB

for questions call
970-445-7825 and 970-476-7960

www.mountainlotus.com