



Presents

The Art of Now Workshop

with

Dr. Michael Brant DeMaria

November 6th, 7th & 8th

Have you ever noticed the joy on the face of musicians improvising?

They are immersed fully in the now. This experience is one of the great gifts of living and it is also a highly effective way of learning to live a more creative, meaningful, and effective life. This workshop is for everyone -- musicians and non-musicians. It is a way for you to experience the simple, pure, and profound joy of just Being.

You will discover, explore, and learn how to listen deeply and also explore the ancient art of soul singing. This process is something Dr. DeMaria has presented around the country and allows the participants to embrace their own inner voice and how doing so rejuvenates, recharges, and releases anxiety, stress, and tension and helps us live more healthy and fulfilled lives.

Workshop Schedule

Friday 7:00pm - 9:00pm

Saturday 10:00am - 1:00pm
3:00pm - 5:00pm

Sunday 10:00am - 1:00pm

November 6th, 7th, and 8th

EARLY BIRD SPECIAL!
Register Before October 16th, 2009
For Only \$250!!



What to Bring

Musical instruments of all sorts are encouraged, but not necessary. Relaxed clothing, an open mind, open heart, and a spirit of playfulness.

This training provides up to 10 hours toward Yoga Alliance Continuing Education Requirements.

REGISTER ONLINE AT www.aryoga.com or send this part in with payment

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Cell _____
E-mail _____
Payment Type: Check _____ Cash _____ Visa _____ MC _____
Credit Card # _____ exp _____

\$250 EBS before Oct. 16th, \$275 after Oct. 16th.

A \$50 deposit guarantees your space

Amount enclosed (or to be charged) _____

Please Do Not Mail Cash • Early Bird Special Full Pmt Due by Oct 16th, 2009 • Non EBS Balance Due Oct. 20th

Registration

Send This Portion In With Pay-



Arkansas Yoga Center
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