



Zenergy yoga

ESCAPE • ENERGIZE • ENLIGHTEN
www.zenergyyoga.net

Celebrate the Winter Solstice:
108 Sun Salutations with Julie Blew
Tuesday, December 22
from 7:00-8:30 pm



Welcome in the winter by participating in a collective ritual by bringing our yoga practice together in unity as we flow through 108 sun salutations. The Winter Solstice is defined as the "shortest day of the year, when the fewest minutes of daylight occur; marking the beginning of winter." The seasonal significance of the winter solstice is the reversal of the gradually lengthening nights and shortening days. It occurs sometime between December 20 and 23rd.

Practicing Sun Salutations is a way of reconnecting to our own source, and deepening our awareness of changes in the body and mind that come with the change of seasons. It's a perfect time for creating and accepting our own spiritual change and growth. Enjoy this amazing community practice experience as we welcome in the new season. Light refreshments to follow after savasana.

**PLEASE MAIL OR FAX
COMPLETED
REGISTRATION FORM TO
ZENERGY YOGA:
\$15/person by 12/18,
then \$20**

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Winter Solstice: 108 Sun Salutations Participant Registration Form

Participant #1 _____ Email: _____

Participant #2 _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Payment Method: Cash Check Check Number _____ Amount \$ _____

Charge Type _____ Amount \$ _____

Card Number _____ 3-digit Code: _____ Exp. Date: _____

**Please mail or fax your registration to Zenergy Yoga:
16447 N. 91st Street, Suite 105 ☎ Scottsdale, Arizona 85260 ☎ 480-473-2379 (fax)
480.628.1453 ☎ www.zenergyyoga.net ☎ ali@zenergyyoga.net**