

THRIVE!

A REAL EVOLUTION YOGA PROGRAM

OCTOBER 21 - 27, 2018

at Sycamore Springs Resort in San Luis Obispo, CA

<http://www.sycamoresprings.com>



*Life is dynamic - there is no such thing as staying in place.
We strive to grow and evolve, or we die.*

In THRIVE! you will:

- Rebuild and expand your vitality and confidence
- Heal and restore mind-body balance
- Repair and strengthen the nervous system
- Generate new possibilities for your future
- Learn powerful practices which sustain your growth
- Laugh and deepen your capacity for fun
- Engage with a community of learners and expand your ability to trust, communicate, receive and contribute
- Refresh your perspective and rejuvenate your whole human self

Explore and cultivate new habits through daily practices:

meditation, hatha, vinyasa and Kundalini yoga, dynamic breathwork, balance and vision training, functional full-body movement, and direct empowering communication.

Program includes:

- 6 nights accomodation and 3 wholesome, organic meals daily at Sycamore Springs in San Luis Obispo, beginning the afternoon of October 21st and ending with lunch October 27th.
- Daily powerful Real Evolution Yoga practice, including asana, meditation, asana workshops and partner work.
- Inquiry into who we are and who we are growing ourselves to be.
- Time to reflect, explore, play and THRIVE!

Fully inclusive program cost starting at \$2,750 (double occupancy)



Ashley Boone, Elizabeth Lutes, Tom Lutes

REGISTER AT WWW.REALEVOLUTIONYOGA.COM