

Deepen your Love of Meditation, Study in Community, Dive into Asana to Prepare for Dynamic Stillness

All Levels, All Welcome. No previous experience or knowledge needed.



Layout of Event:

Yoga Practice followed book discussion and guided group meditation
1 hr. asana to prepare the body, mind and spirit for meditation and sitting (all levels), led by Mike Dorman
1 hr. group talk on reading and group meditation, led by Sommer Sobin

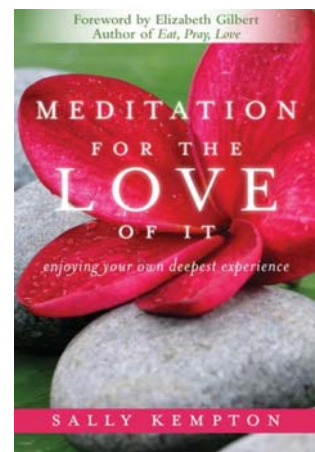
Group Book Study:

“Meditation for the Love of It” by Sally Kempton
Participants are asked to read 3 chapters weekly for this 4 week course.
Please read chapters 1-3 before the first meeting date.
Discussion and practice will be based on the reading.

Location & Logistics

Sfeer Studio, 200 Britton Dr. Chapel Hill 27516
6-8 pm Fridays Oct. 28, Nov. 4, 11, 18, 2011
By Donation/ no registration required, suggested donation range \$10-25 per week

Questions, contact sommeryogini@hotmail.com or visit thousandpetalsyoga.com



Michael Dorman, RYT has been a devoted student of Anusara® Yoga since 2005. He earned Anusara-Inspired Yoga Teacher status in April, 2009, after much study with his primary teachers, Paul & Sommer Sobin and Lila Brown, as well as Anusara® Founder, John Friend. Anusara® Yoga's heart-centered practice has helped him forge a strong connection between his mind and body, find a place of confidence and calm from which to act, and to connect more closely with others, especially the local Anusara® community. When not on the mat, he works to find the yoga in his marriage, cats, cooking, programming computers, playing very loud electric guitar, and doing drop-backs from diving boards.

Sommer Sobin is a Certified Anusara® Yoga Instructor having trained extensively with founder of Anusara® Yoga, John Friend. Her teaching is an invitation to awaken to the goodness of life through the exquisite practice of Anusara Yoga that also encompasses the study of philosophy, meditation and breath work. Sommer brings insight and experience from years of meditation and energetic healing work into her classes and private sessions. Her precise eye for dynamic alignment with the vision of honoring the sacred in each person creates a supportive atmosphere for students of all levels and all walks of life to feel welcome to the gift of yoga. Sommer resides in Chapel Hill, with her beloved husband, Paul, also a certified Anusara® Yoga instructor, where their current practice is the yoga of parenthood.

Support local business, order your book from **FLY LEAF BOOKS** and receive a 20% discount. When you stop in or call to place your order, remember to tell them you're a member of Thousand Petals Yoga book club to receive your discount. It will take 1-2 business days for each book to arrive.

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