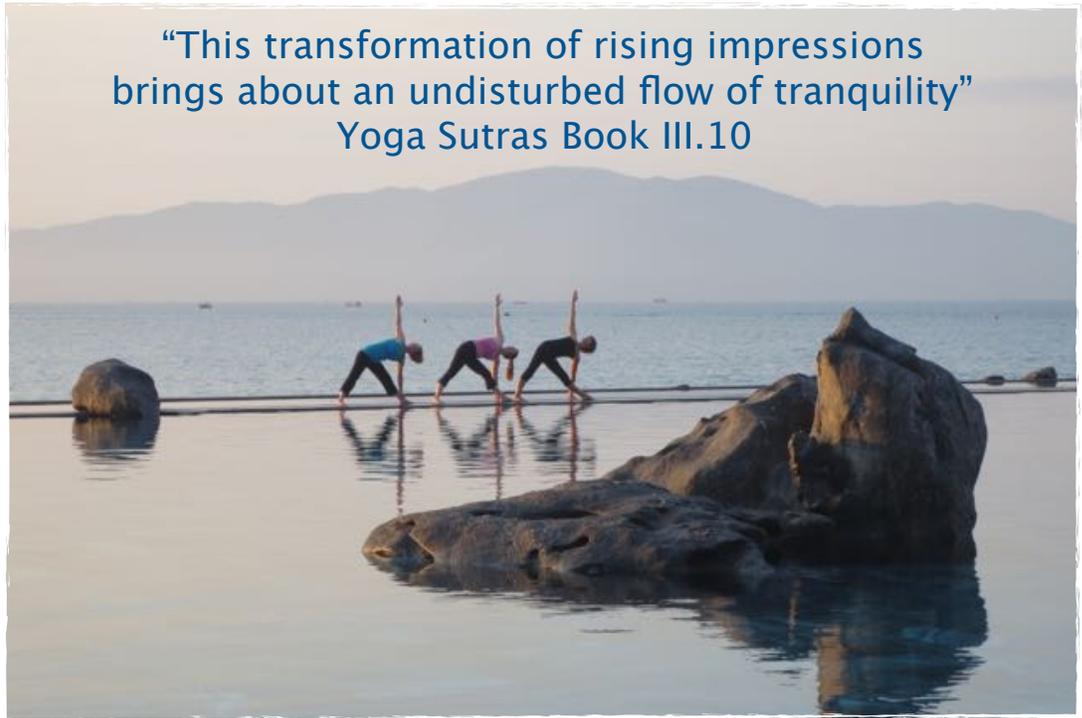


SEPT.  
22-24



“This transformation of rising impressions  
brings about an undisturbed flow of tranquility”  
Yoga Sutras Book III.10



## The Transformation to Tranquility

A Yoga Workshop with Lynne Minton  
September 22-24, 2017

### Spirit Path Yoga and Wellness Center

505 W. Northern Lights Blvd.  
Anchorage

**Tuition:** \$215 for complete  
weekend workshop.

Partial attendance will be considered  
if space remains.

#### Register online:

<http://spiritpathyoga.com>  
call 907-334-9642

#### Questions for Lynne:

[lynneminton@gmail.com](mailto:lynneminton@gmail.com) or  
[www.lynneminton.com](http://www.lynneminton.com)

One of my wise teachers once said, “The  
postures aren’t hard, WE are hard”. Over the  
years of practice, study, observation and  
transformation of my own thoughts and  
viewpoints I realize that the same is true of life.

I no longer believe that it is meant to be hard but  
that our attitudes and reactions harden us against  
the flow of life. Yogic wisdom reminds us to  
remove the obstacles in our minds that hold back  
the joy. Difficulties and challenges arise and yet,  
we can meet them with tranquility.

All classes include Yoga Philosophy,  
pranayama and meditation.

The asana themes are as follows:

Friday: 6-8PM Hip openers and forward bends

Saturday: 9-11:30AM Balance and core

Saturday: 1:30-4PM Inversions and restorative

Sunday: 9AM -12PM Shoulder openers and  
backbends