

**The Transformation to Tranquility  
A Yoga Workshop with Lynne Minton  
September 29, 30 and October 1, 2017**

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

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 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**

**Location: Studio B at 1504 Gillam Way**

**Tuition:** \$250 for complete weekend workshop, if paid in full by September 1. Partial attendance will be considered if space remains.

**For registration or any questions, please call or email: Toni Kaufman, 907-455-4547; email: [tonimkaufman@hotmail.com](mailto:tonimkaufman@hotmail.com)**