

A yoga lifestyle program to support you in 2012

LIVE YOUR YOGA

January 2012

BEGINS JANUARY 2ND, 2012
Every Monday for 7 weeks
12noon - 1pm

\$108 for seven weeks
Register at BrittBSteele.com and
click on **EVENT REGISTRATION**

A New Way to do New Years...

A culmination of Britt's studies in India, Bali, and Thailand come together with teachings from some of the brightest lights on the Yogic path today.

It's Time. Navigate your way into a clearer, cleaner, more brilliant life in 2012. Infuse your new year with yoga. Unique distance learning format with weekly conference calls, follow-up audio and video, email, and blog support. Classes are live and participatory.*

* Classes will also be recorded and available for when it works best for you

SEVEN WEEKS. ONE BRILLIANT LIFE.

1. **Sankalpa** ~ set your resolve, direct your attention, be clear and begin.
2. **Svadyaya** ~ know yourself, know your limits, know truth, look within.
3. **Dinacharya** ~ start each day in alignment with who you are, what means most and what lasts.
4. **Santosha** ~ follow the golden thread of ease, happiness, and bliss. There is no reason to suffer.
5. **Kaya Sthira** ~ steady the body, relax all tensions, and allow transformation to unfold. It's natural. Energize your position in life.
6. **Puja** ~ purify, release, burn it up and let go of what no longer serves you. Clarity will remain.
7. **Bhakti** ~ align with something Bigger than even your biggest dreams. Align with the light Within. Shine.

~ January 1, 2012 ~
There are only two mistakes I can make
along the road to living my deepest
Truth: Not going all the way, and not
starting. I know it's time for me
to begin....



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