

# Flowing with the Autumn Equinox

*a yoga workshop with*

# Rusty Wells

**Saturday, September 27**

**1:00 - 3:30pm**



**C**elebrate and embrace the beginning of autumn in this heart-centered dynamic yoga workshop with Rusty Wells. Autumn is all about shedding, letting go of what no longer serves or works in this life. Allow the practice of yoga to help you rid yourself of all that is not essentially you and yours. Come explore that underlying vibration that connects us all to the earth and to one another. This asana-driven practice is perfect for experienced students of vinyasa flow yoga. You'll enjoy new and challenging sequences inspired by Rusty's genuine and natural spirituality. Be prepared to sweat, laugh and sing.

*"When you roll up the yoga mat, never roll up the yoga. This is when the practice truly begins. This is when the nectar flows." —Rusty*

## **About Instructor Rusty Wells. . .**

My Yogic path began as a bhakti yogi many years ago and I have practiced hatha yoga since 1996 and taught in the Bay Area since 1998. My training has been under many eclectic teachers including David Life and Baron Baptiste, although I am a student of pretty much everyone I meet. A key objective of my teaching style is to help unlock the inner power of each student within a safe and nurturing environment. Through devotion, nonviolence, perseverance and gratitude, each one of us can somehow reduce suffering in this world. Often, we chant in class, usually at the beginning and/or ending of the experience. Chanting is a non-sectarian spiritual practice that allows us to resonate at the same frequency.



Workshop Fee: \$30 before 9/15, \$35 after  
Register on-line at [www.ticketweb.com](http://www.ticketweb.com), or  
mail check (payable to "SCCVMBBT") to:

**One Yoga Center**

in the Veterans Memorial Building

846 Front Street (next to the main Post Office)

Santa Cruz CA 95060 831.454.0478 ext. 10

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