



A Weekend of Empowerment

with

Rebecca Butler

January 10th – 12th, 2014



Cost:

SFA Students: \$30/class

All others: \$35/class

Early bird:

if paid by Dec 30
(Entire weekend discount)

SFA Students: \$105

All others: \$125

In this weekend of workshops, Rebecca will help you come face to face with that which you are most grateful for in your life, teach you new techniques to bolster your confidence, soothe your tightest, tension-filled spaces, and encourage you to cultivate an proactive practice of setting your intention throughout your day. You will leave class Sunday feeling truly empowered to heal, grow, play with your edge and deeply relax in life.

Tap Into Gratitude — A Hip and Heart Opening Workshop

Friday PM 6:00 pm to 8:00 pm – January 10th

This session is designed to bring attendees into clear awareness of that which they are grateful for in their lives, while opening their hips & heart simultaneously. It's proven to be a powerful mix. It's a vinyasa flow based class that opens and concludes with meditation and journaling. The asana is primarily Forrest Yoga based with a few other styles mixed in; the spiritual message is my own amalgamation of the teaching's of Dr. Wayne W. Dyer, Anita Moorjani, Caroline Myss and Abraham Hicks.

Air Traffic Control — An Inversion Workshop

Saturday Morning 9:00 am to 11:00 am - January 11th

When I first started practicing inversions, I was a headstand junkie. Over time, I realized how my strong headstand practice ultimately served cultivating powerful handstands. There are universal alignment principles that apply to headstands forearm-stands, and handstands. This workshop focuses on recognizing these universal elements and learning to integrate them in any foundation. Significant time is spent warming the core, tapping into shoulder awareness and preparing major joints. Then students are led through a safe, empowering process of learning to work these alignment principles mindfully in any inverted situation Attendees often leave with epiphanies abound and new levels of confidence as well as bolstered technique. Suitable for the inversion curious.

Yoga for the Neck and Jaw-ahhhahhhhh.

Saturday Afternoon 2:00 - 3:30pm - January 11th

Many of us grind our jaws, clench our teeth and attempt to steer our lives by our very determined, tight and persistent necks. This class is geared to relieving that tension, stress and aggression. A tight jaw equals tight hips. An over-bearing neck can lead to problems with balance, insomnia and a disconnected core. Through precise sequencing and concentrated efforts, we will release these areas. This class is accessible for all levels. Students will leave dreamy, peaceful and blissful.

Harness The Power Of Intention — A Deep Hip Opening & Twist Session

Sunday Noon 12:00 pm – 2:00 pm - January 12th

This can be 90 minutes or 2 hours (either way). The asana is based on extensive twists & and deep hip opening. Meditation is included and integral. The session is focused on grounding, centering and easing into life by taking a proactive approach, setting your intention through every segment of your day, as you do on your mat. The asana is Forrest based and the spiritual teaching's are that of Wayne Dyer and Abraham Hicks. This workshop is suitable for all levels, although it does include inversions and arm balances for those participants ready and interested. Student's will leave with a robust connection to their own essence, wide open hips and much room in their lives for creation.