

# Autumn Reflection & Renewal

## Harvesting the Fruits of Your Practice

~ Join us for an afternoon of Sacred Yoga ~

Ceremony ~ Hatha Yoga ~ Pranayama ~ Meditation ~ Yoga Nidra

**Sunday – October 2, 2011**  
**3 – 6:00 PM**  
**Eldorado Community Center**

**Please bring your own: meditation cushion or pillow, yoga mat, blanket and drinking water.**

**\$40**

\$5 discount if paid by 9/25/2011  
~pre-registration is recommended~  
~no refunds please after 9/25/2011~  
**Class is Limited to 12 Participants**

This class will be lead by Deanna Evans. Deanna has been teaching yoga and meditation for eight years offering on-going classes, workshops and retreats. She is registered with Yoga Alliance with over 1500 hours of teaching experience as an E-RYT. For more information about Deanna, please visit [www.deannaevans.com](http://www.deannaevans.com).



**For more information or to register, please contact Deanna at**  
**505-466-1657 or [info@deannaevans.com](mailto:info@deannaevans.com)**