



The Joyful Warrior

**A Six Week Yoga Program - *STARTING* October 12, 2011
Wednesday Evenings 6:00-7:30 pm
Limited to 10 participants**

NamasteWorks Yoga + Wellness invites you to take part in “The Joyful Warrior”, a six week program specifically designed for clients affected by depression, seasonal affective disorder or just seeking to find more JOY in life.

The intention for this six week program is to help you develop tools and techniques for enhancing JOY at all levels, physical, energetic, emotional, psychological and spiritual. Each ninety minute session will deepen your self-awareness of your physical body, enhance your flow of energy, connect you to your vital life force (prana), and bring you in touch with your feelings and emotions through self-reflection, group discussion, journaling and more.

If you have felt a loss of pleasure in life, feelings of agitation, loss of energy, excessive daily fatigue, a feeling of worthlessness or an overall depressed mood, join this program today to find more JOY. Nancy Levenson, a trained yoga therapist, will be your guide on this journey toward JOY. Class is offered every Wednesday evening from 6:00-7:30pm, for six weeks beginning October 12 and running through November 16.

To help prepare and customize your sessions, an in-take form will be sent to you in advance.

Classes are held at NamasteWorks Yoga + Wellness in the heart of Old Town Littleton, 5860 S. Curtice Street, Littleton, CO 80120. Located in a 1907 converted home, this space offers privacy and a safe environment for practice.

The Six Week Series, is only \$99.

To Sign Up for the Program, call 303.725.1434, send an email to info@namasteworksyoga.com or via the contact form on the website. The instructor will contact you directly to reserve your space in the class, send you some preliminary information and provide you with payment instructions.

