

The Yoga Loft Presents:

OFF THE MAT INTO THE WORLD

Part of the Engage Network



YOGA IN ACTION

a leadership training for discovering your purpose
with Alysha Pfeiffer and Megan Ridge

Mondays, 6:00 - 9:20pm
March 5 - April 16, 2012

Teachers who are enrolled in the Yoga Loft 300-Hour Advanced Teacher Training will receive credit towards certification for attending this course. Any teacher attending this training may receive a certificate of completion upon request that is applicable for Yoga Alliance CEUs.

Yoga in Action is OTM's grassroots movement that brings the Off the Mat experience to your local area. These small circles of change are an opportunity to build community around yoga and service, develop relationships with other yogis and activists in your area and collaborate on creating real change.

In this workshop you will:

- *Awaken your authentic purpose through the process of yoga*
- *Develop tools / practices to put purpose into action in a sustainable way*
- *Cultivate long term community and support to live your purpose and make a difference in the world*

Monday Night Schedule:

6:00 - 7:15pm - yoga practice with Sally Delisle

7:20 - 9:20 - group activities, discussion and processing
with Alysha Pfeiffer and Megan Ridge

Yoga in Action allows participants to embark on a journey of self- inquiry with the support of a small group of peers that leads to action within our community and outside world.

COST:

\$325 pre-registration

\$375 after 2/20/12

Space is limited so make your commitment today!



The Yoga Loft
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www.TheYogaLoftOfBethlehem.com