

# Escape

...into a new relationship with your body and mind. Through fluid yoga, breath dance and sensual flowing movement you will cultivate a quiet mind, an open heart, increased awareness, embodied relaxation, stress reduction, an immune system boost and deep, rejuvenating, peaceful rest.

Bring comfortable clothes, yoga mats or blankets, journal, veils and scarves (and a bathing suit for relaxing in the spa).

Nov 21, 2009 from 1:00-4:00pm  
at Snowbird's Cliff Spa

\$50 fee includes workshop, spa access  
and a free yoga class from 4:30-6:00pm



to register:  
email [sandi.longhurst@gmail.com](mailto:sandi.longhurst@gmail.com)



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The workshop will be led by  
international movement teacher

**Sandi Longhurst**

who has been teaching  
Dancemeditation™ since 2005 in spa,  
studio and corporate settings. She has  
studied yoga, somatics and human  
development for over a decade and  
has curiously observed human  
behavior since childhood.

<http://recipronomics.blogspot.com/>