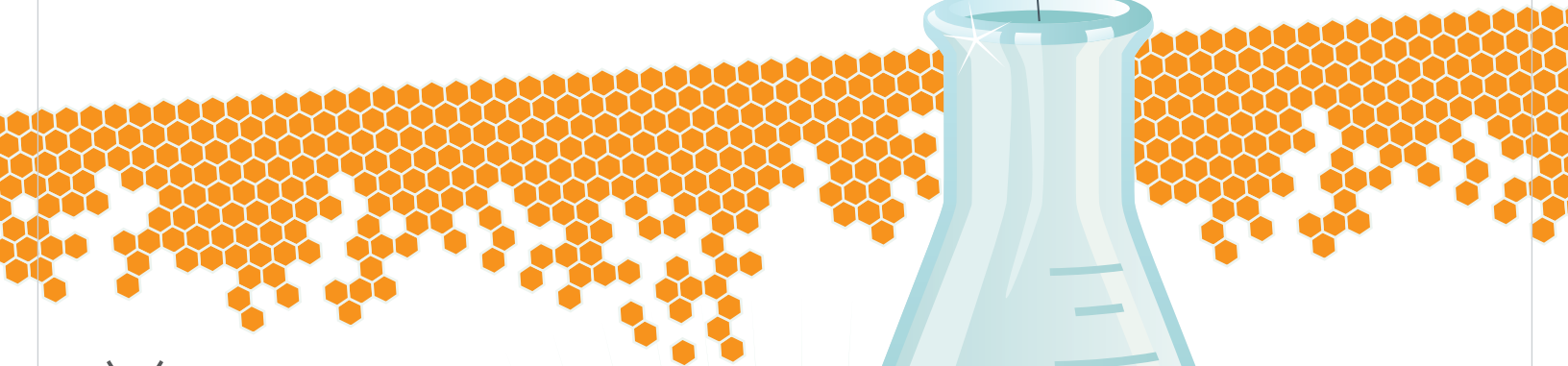
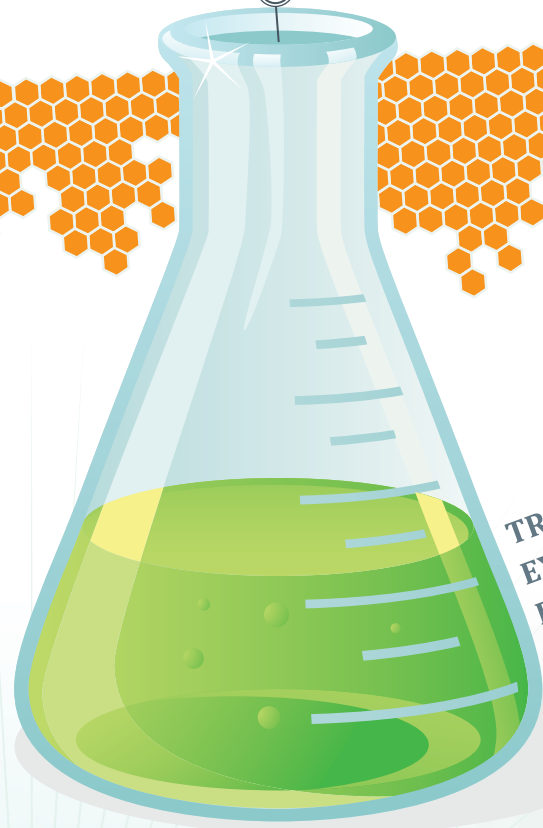


movement  LAB
for Teachers + Lifelong Learners



Yoga+
Meditation
~the Sequel *with Kelly Roche*



TRAIN.
EXPERIMENT.
PROGRESS.

This Movement Lab will recapture the essence of the recent sold-out Yoga + Meditation workshop. It will feature postures that support comfort on the cushion, + exercises that promote skillful means. All will help participants better navigate the habit patterns of the mind.

Check-in with the Front Desk, or email mary@movementboulder.com, or call 303.443.1505 for more details.

FIRST FRIDAYS AT 

NEXT MOVEMENT LAB:

FRIDAY, APRIL 1ST, 2011
10:00 - 11:15 AM



\$5 MEMBERS

\$15 NON-MEMBERS

(REDUCED DAY PASS INCLUDED)

ALL ARE WELCOME.



Movement is honored to have **Kelly Roche**, Vinyasa + Gentle yoga teacher in this venue. For Kelly meditation is where her practice truly begins + it is this bright center that guides her classes.