



Give the Gift of Health this Holiday Season!

Gift Certificates can be purchased for any amount towards classes or products at South Boston Yoga*

PURCHASE ONLINE

*Gift certificates can not be used towards bodywork or private sessions.



This Weekend

Use Your Hands: Artful Adjustment Review for Teachers & Teachers in Training w/ Ame Wren

Friday Dec 9th, 10am-2pm



This workshop will be a thorough revisit of the essentials of hands on adjustments in asana. You will learn to first look, then touch, while paying close attention to what you're doing. When given with clear intent, hands-on

adjustments can alter a student's understanding of a pose and their body.

There will be no asana practice in this workshop but immediately following is Ame's teachers class

Hearts of Every Kind: A Holiday Crochet & Knitting Workshop w/ Andrea Garr & David Vendetti

Saturday Dec 10th, 1p-3p



Get crafty this holiday season and learn how to crochet and knit your own winter headband. Make as many as you want during our time together and get your gift shopping done while learning a fun new skill!

All materials will be provided for you to use and take home, including crochet hooks, knitting needles, and yarn. No experience is necessary for this workshop, but if you do have experience consider bringing a

(separate cost).

friend to help them learn the crochet and knitting craft!

Cost: \$55

Cost: \$30 in advance; \$35 at the door

**Acupuncture and Restorative Yoga
w/ Cathy Thomason, LAc.**

**Chakra Cleanse Intensive
w/ Jacqui Bonwell**

Sunday Dec 12th, 12:15p-3p

Sunday Dec 12th, 1p-4p



In this 2.5 hour experience we'll start and end with gentle, supported restorative poses and qi gong exercises. A community-style acupuncture treatment in the middle focuses on soothing and harmonizing your energy.



Join Jacqui for her signature Vinyasa Yoga intensive and physically journey through the blueprint of the 7 major chakras. Use postures, breath, color, meditation, chanting and sound healing to reach higher internal states. What

Class size is limited to 5 people to ensure lots of hands-on attention. You will leave deeply relaxed with your energy tank refilled.

habits, patterns and responses hold you back from true peace? How can you amplify the things that are going right? Get on the internal good foot and WAKE UP dormant skills and resources that maybe haven't spoken in a while and get back to the strength that you were born with!

Cost: \$60

Cost: \$40

New Years Event!

Upcoming Trainings

**New Years Eve Celebration
with David Vendetti**

**The Eight Limbed Path: An In-Depth Yoga Study
with Tim Kelleher**



Welcome 2017 with friends and family at South Boston Yoga's 10th Annual New Year's Eve Yoga Celebration! Join studio owner David Vendetti for a 2 hour celebratory yoga class combining yoga, meditation, reflection, and gratitude - the perfect recipe for manifesting a beautiful year to come.

This program is for long-time practitioners who are looking to gain a deeper understanding of their practice, for new practitioners looking to dedicate, and for teachers who are ready to refresh their 200-hour learning. In short, for any and all students of yoga who are seeking more from their practice, and more from their lives.

*\$30adv/\$35door

Schedule: 4 months, 1 weekend per month, 1-6 PM (40 hours total)

SIGN UP

- February 18 - 19
- March 11 - 12
- April 22 - 23
- May 13 - 14

**Bodyworker
Specials**

Investment:

\$895 (early bird price - paid in full by January 15th)
\$995 (regular price)

*Optional Payment Plan:



25% off Bodywork with Joseph Welch

Sessions in:

Anatomy Trains KMI Structural Integration and deep tissue myofascial therapy.

Advanced Orthopedic Massage Therapy for assessment and treatment of pain patterns and injuries.

Activated Isolated Stretching (AIS).

A powerful method to improve flexibility wherever you have specific challenges (it's a perfect accompaniment to your practice!).

Deep tissue, Relaxation, and Sports Massage

Jamie Simpson, LMT

Offering 10min FREE Chair Massages

After David's 9:15am Sunday All Levels Class



Enrollment Deposit - \$335

February 1st - \$330

March 1st - \$330

***Early Bird Pricing runs until January 15th, save \$100 off the tuition.**

SIGN UP

This program is certified for 40 Continuing Education credits with Yoga Alliance

South Boston Yoga 200 Hour Teacher Training with David Vendetti & Todd Skoglund



Alternate Weekends from February 3rd 2017 - June 11th 2017

This compassionate and intensive training will give you the insight, experience and confidence to teach a powerful class to any level of student. Learn the anatomy and movement of the body in relation to injury and rehabilitation. Learn safe and purposeful sequencing, gentle yet well directed adjustments and verbal cues. Learn to guide the subtle flow of prana, dive into meditative serenity and move from your intuitive and natural self.

This course will teach you how to guide your own students through a safe, stable and purposeful yoga class to any level. We will delve into the evolution of modern yoga incorporating anatomy, smart sequencing, fitness and nutrition with classical examination of the sutras, meditation, breath work (pranayama) and basic yoga philosophy.

SIGN UP

Stay Connected:



36 W Broadway | 1st & 3rd Floors | Boston
Questions? Call us! 617-315-7448

