

**A One-Day New Year's Yoga Retreat  
Saturday, January 5  
With Sara Avant Stover  
At Wild Rose Studio & Sauna**

**10am-6pm**

Let's gather to start the New Year off on the right foot. Together, we will call upon the power of intention made manifest through the embodiment of yoga to live life to the fullest this year.

*Sankalpa*, or intentions, are messages that you send to the universe from your heart. The vehicle for delivery is your conscious breath and body in motion. During the full-spectrum morning practice, we will set clear intentions for ourselves in order to steer our lives in the direction of our hearts' longings. Enjoy breathing life into your prayers, breaking through your limitations and easing into the recognition that you ARE that which you have been waiting for. A spacious pranayama and guided meditation practice, as well as a deep relaxation, will conclude the afternoon session.

All levels are warmly welcome to this gathering.

During this one-day retreat enjoy:

- a full-spectrum, up-tempo yoga class in the morning (10-12:30)
- a calming and cooling yoga, pranayama and meditation session in the afternoon (2:30-5:00)
- we will conclude our gathering with a cleansing herbal steam and body scrub (5-6)

Investment: 1,500 Baht

An Anusara-Inspired teacher™ and RYT 500, Sara Avant Stover teaches at venues in the United States, Asia and Europe and is co-director of a 200-hour Yoga Alliance certified teacher training in Chiang Mai. Her primary inspirations include John Friend and Sianna Sherman (Anusara Yoga), Richard Freeman (Ashtanga-Vinyasa) and Sofia Diaz (Women's Yoga). Sara also integrates her studies in Insight meditation and The Wise Earth School of Ayurveda into her teachings. Her teachings celebrate presence, self-acceptance and kindness. A freelance writer, Sara is a frequent contributor to Yoga Journal and Fit Yoga magazines. Visit her website [www.fourmermaids.com](http://www.fourmermaids.com)

For more information and to register:

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