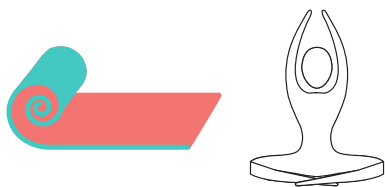




PROJECT YOGA RICHMOND

# THE YOGA MENU

## WORKSHOPS AND EVENTS JUNE-SEPTEMBER 2019



Project Yoga Richmond is a non-profit dedicated to making the benefits of yoga accessible to all.



Please sign up in advance to save your spot and support our programs:  
[www.projectyogarichmond.org](http://www.projectyogarichmond.org)

6517 Dickens Place  
Richmond, Va 23230

## WORKSHOPS

AT PROJECT YOGA RICHMOND

### Skill in Action

MICHELLE C. JOHNSON

Join Michelle C. Johnson, author of *Skill in Action: Radicalizing Your Yoga Practice to Create a Just World*, to explore our actions and reactions. Through the practice of yoga, pranayama, and meditation, we will connect with our inner fire, agni, to gain clarity about our actions and their alignment with our higher purpose all in service of our collective humanity. You will leave this workshop with a deeper connection to self, your community, and all beings.

This all-levels yoga workshop will include a dharma talk, meditation, asana, and discussion.

Saturday, June 15 9:30am-1pm  
\$40, \$50, or \$60

### Stability and Freedom

WEEKEND WITH ROLF GATES

Join Rolf for a dynamic weekend of workshops as we explore the practices that create a life that works. Throughout this weekend, we will dive into the tools of yoga that allow us to stay connected to the truth of who we are as we practice new ways of being in the world. Sessions are intended as a whole weekend workshop, but may be taken individually.

### Stability + Intention: Vinyasa Session

Friday, Aug 2, 6-9pm

### Being Still with Skill: The Power of Meditation Workshop

Saturday, Aug 3, 9am-12pm

### Faith and Flow: Vinyasa Session

Saturday, Aug 3, 2-5pm

### Intention and Freedom: Vinyasa Session

Sunday, Aug 4, 9am-12pm

\$225 to attend full weekend  
\$65 for a single workshop

## WORKSHOPS

AT PROJECT YOGA RICHMOND

### Beyond Alignment: Day of Yoga Therapeutics

ARIELE FOSTER

Join Yoga Anatomy Academy's Dr. Arielle Foster for a day of experiential anatomy-based yoga therapeutics to re-imagine your relationship with your body.

### Master Class: Bare Feet

Saturday, July 20, 11am-12:30pm

### Workshop: Seeing Bodies

Saturday, July 20, 1:30-4:30pm

Saturday, July 20

\$75 for both the master class and workshop |  
\$30 master class only | \$50 workshop only

## OUTDOOR YOGA

### AT THE VIRGINIA MUSEUM OF FINE ARTS ON THE BELVEDERE DECK

Join PYR from **9-10am** to increase access to yoga. When you practice and contribute you help PYR provide yoga and mindfulness programs to the Richmond community!

### Thursday, July 4: Independence Day Yoga

Holly Henty

### Saturday Salutations

Saturday, July 13: Carrie Puryear & KC Whitsett

Saturday, July 27: JaVonne Bowles

Saturday, August 10: Sue Agee

Saturday, August 24: J Miles

Saturday, September 7: Izzy Shurte

Saturday, September 14: Dan Weiseman

Saturday, September 21: Billie Carroll

Saturday, September 28: Nitika Achalam

Sign up & contribute  
in advance to support PYR's programs