



Mindful Romp

A class for both you and your dog!

Saturday, September 11th & Saturday, October 16th

9:30-10:30 AM

\$15 (pre-registration required)

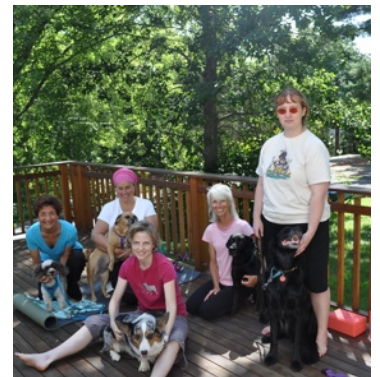
To Register: 508-376-4525

Dogs have this incredible capacity to teach us to be in the present, to live life being present. In this class Roz will discuss and teach some yoga asanas (poses) for centering the energy for both you and your four legged friend.

Class will begin with a short walk around the Ashram grounds, (please have your dog leashed). After a brief water break (bring a bowl, water will be provided), we will do a sequence of yoga asanas. (downward dog and upward dog will be included in the sequence!) As we focus on different actions, different parts of the body in the poses, the mind becomes more focused, more clear. Then we can begin to experience the present moment, to taste being in the present, as do our four legged friends, our "guardians of being,"(Eckhart Tolle).

Bring your dog , a bowl and a mat.

Suggested reading: "How to Be Your Dog's Best Friend: Classic Training Manual for Dog Owners" by the Monks of New Skete and "The Power of Positive Dog



Roz Malcom has over 25 years of teaching experience. She has taught locally in the Metro-West area, as well as on Cape Cod. Roz studied with the Iyengar family in Pune, India; and she recently attended the *Yoga Convention on Therapeutics* taught by Geeta Iyengar. Roz's principal teacher is Patricia Walden, who she assists in Cambridge in Patricia's aspiring teachers class, and various workshops. Roz's insightful teaching draws on her years of practice, her study of the *Yoga Sutras*, and her love of the outdoors.

Location: Yoga at the Ashram
368 Village Street, Millis, MA 02054

