

SUMMER SOLSTICE WORKSHOP  
JUNE 20TH 2008  
FRIDAY EVENING  
7:00PM TO 10:00PM

sacred space  
YOGA

**Peace, Love, and a whole lot of Yoga!**

- Instructors—**Krista Lidiak and Karen Szymanowski**
- Start with a ritual of Sun Salutations
- Balancing series of Tai Chi
- Guided meditation
- Relaxing chair massages and rejuvenating aqua chi
- Ending with fresh fruit and Sangria
- Only \$25



**[www.ssyoga.com](http://www.ssyoga.com)**

College Green  
4689 W. 20th Street, Suite D  
Greeley, CO 80634

Phone: 970-515-6160 or 970-324-3234  
E-mail: [krista@ssyoga.com](mailto:krista@ssyoga.com)

