

MIND-BODY YOGA SERIES 2011  
MONTHLY WORKSHOPS

*e-volve through Surrender* is a transformational series of yoga workshops created to support you in living your best life — physically, mentally, emotionally and spiritually — through dynamic yoga, self-inquiry, meditation and spa treatments. Monthly themes follow the solar/lunar calendar to address common mind-body issues for each season. Workshops are all levels, including beginners. Morning and afternoon classes are designed to complement one another, although they may be taken separately.



Each workshop is \$65 per person and includes complimentary access to all Spa Montage facilities, including our oceanfront spa pool. Customized and optional spa services, dining, private consultations and accommodations packages are available.

*For more information and to reserve your yoga mat, please call (949) 715-6010.*



S P A M O N T A G E

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MIND-BODY  
YOGA SERIES 2011



ARTIST IN RESIDENCE:  
**Ashley Turner**



Led by celebrated yoga instructor and health/wellness expert, Ashley Turner, our 2011 Yoga Series, *e-volve through Surrender*, helps you achieve strength, flexibility and vitality in body and mind.

Ashley Turner, MA, MFTI brings a fresh approach to yoga as a psychotherapist and author who celebrates the body's wisdom and inner spirit. With humor, depth and laser focus, she draws on the source texts of yoga while infusing neurobiology and modern psychology. Recently named by *Yoga Journal* as "Who's Who in Power Yoga," Ashley is the creator of the Element Yoga DVDs, *Yoga for Weight Loss*, *Power Yoga* and *Yoga for Stress Relief + Flexibility*, and is a contributor to top-tier media such as *Shape*, *Self*, *Huffington Post* and *Martha Stewart Living*.



**SATURDAY, JULY 23 • HAPPINESS IS AN INSIDE JOB**  
According to yoga, there are five habits that create happiness in our lives. Discover where, how and why we hold ourselves back.

**Inner Power • 9am-11am**  
Build the inner heat (*tapas*) necessary to melt physical, mental and emotional blocks (*grunthis*) through invigorating flow, core work and specific breathing practices.

**Clear Mind, Happy Heart • 3pm-5pm**  
Identify your inner saboteur and listen within for answers on how to open up and receive. Mellow flow yoga with a touch of meditation.



**SATURDAY, AUGUST 6 • FIRE AND FLOW**  
Tap the fiery, playful spirit of summer in these fun, challenging workshops, including creative variations of Sun Salutations.

**Let Your Light Shine • 9am-11am**  
Open the shoulders and upper back in preparation for deep backbends to flush out the adrenals and stress hormones. Leave feeling light, refreshed and clear.

**Flow from Grace • 3pm-5pm**  
Rich, fluid movement in body and breath (*vinyasa*) releases the dormant energy and wisdom we carry on a cellular level. Moderate flow with short meditation.



**SATURDAY, SEPTEMBER 24 • RECHARGE AND RENEW**  
Fall equinox marks the balance of shadow and light. A tipping point to embody the full spectrum of self — equal parts vibrant, powerful, creative, calm, clear and wise. Learn practical tools to stay present, reduce stress and come from your center in every moment.

**Root Down • 9am-11am**  
Plunge your roots deep into the solid ground of strength, steadiness and clarity. A short dharma talk on fortifying your center from the inside out and knowing what you stand for precedes an exhilarating set of sun salutes and inventive standing sequences.

**Rise Up • 3pm-5pm**  
Learn to fly in your practice and your life. With a strong foundation and galvanized core, become light and free. An all-levels exploration of arm balances and inversions.

**SATURDAY, OCTOBER 15 • FEARLESSNESS AND FREEDOM**  
Yoga develops self-mastery by challenging us on all levels. Freedom comes when we feel fear, embrace it and choose to move through it.

**Lift Off • 9am-11am**  
The key to fearlessness is not taking ourselves too seriously. A step-by-step introduction to the basics of arm balances and handstands, in an atmosphere of joy and humor.

**Free Your Mind • 3pm-5pm**  
A slower, mindful flow takes a deeper look into the nature of fear. Learn simple steps to reverse negative thought patterns. Ends with a short meditation on "The Power of Now."



**SATURDAY, NOVEMBER 12 • GRATITUDE AND GRACE**  
Enjoy your holiday season by giving to yourself first. Align with your deep purpose, reconnect with nature and slow down.

**Grit • 9am-11am**  
Transforming the grit, difficulty and challenge in our lives into the fuel that propels us forward is the aim of yoga. Identify your biggest roadblocks and learn practical tools to transform dense, heavy, sticky emotions into lightness and freedom. A full-body practice to invigorate and rebalance.

**Gratitude • 3pm-5pm**  
Move through the holiday season with more ease, grace and joy. Open the heart through an artfully designed backbending sequence floating into deep relaxation. Gratitude is the elixir of the heart.



**SATURDAY, DECEMBER 10 • LIBERATE LOVE**  
'Tis the season to celebrate love. The love we receive is a direct reflection of the love we give ourselves. Before the holiday rush, take time to celebrate your 2011 successes.

**Give Love • 9am-11am**  
Give love to your body, mind and soul in this all-levels power yoga class. A comprehensive practice leaves every corner of body and soul refreshed, supercharged and alive.

**Receive Love • 3pm-5pm**  
Avoid feeling depleted, resentful and irritable this holiday season. Replenish with this rich, restorative practice to slow down, open up and receive the love all around you.