

## About Jozie Ewart

Jozie Ewart is a certified Kripalu Yoga Instructor 200-RYT. Jozie is a member of the Kripalu Yoga Teachers Association. At the age of 15 Jozie was introduced to Kripalu yoga. She attended a workshop at the Kripalu Yoga Center that was heart opening, and powerful. She knew that someday she would return to train as a Kripalu yoga teacher. In the summer of 2009 Jozie did return for a month-long intensive program to receive her 200-hour teaching certification. The experience was again heart opening and powerful, and she has been sharing the light of yoga with students ever since. As a former dancer, Jozie has found a new way to move through space that is full of awareness and compassion. Sharing Kripalu yoga with students is something that Jozie is passionate about and loves to do. The teacher in Jozie loves to break down poses, answer questions, explore new ways to do things, and celebrate achievements. The dancer in Jozie loves to play and have fun. In a Kripalu yoga class with Jozie you can expect to do all of these things while connecting to your own source in a graceful and light filled experience.

Contact Jozie at 508-813-1806 or email [jre.love@hotmail.com](mailto:jre.love@hotmail.com)

## Earthsong Yoga

Earthsong Yoga is conveniently located near the intersection of Rte 85 and Rte 20, in the Corey Building on the 2nd floor in downtown Marlborough at 186 Main St #14. The entrance is located between Main St Café and Avant Garde, opposite Sovereign Bank.

There is free 2 hour on street parking and a free parking garage behind the building.



### Earthsong Yoga

186 Main St 2nd Floor  
Marlborough, MA 01752  
508-480-8884  
[www.earthsongyoga.com](http://www.earthsongyoga.com)

***Be a Light to the World***



## Kripalu Yoga

*with Jozie Ewart*

### Spring/Summer 2010

Sundays 5:30 p.m.—6:45 p.m.  
Mondays 6:00 p.m.—7:15 p.m.

## Registration Form

We accept cash or checks

You may reserve your space with a \$25 deposit, or pay in full

Please make checks payable to Jozie Ewart and return to:

Earthsong Yoga  
186 Main St #14  
Marlborough, MA 01752

If you are not familiar with our cancellation and transfer policies, please request a copy or visit our website.

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Class Time: \_\_\_ Sun. 5:30 p.m.—6:45 p.m.

\_\_\_ Mon 6:00 p.m.—7:15 p.m.

If attending 2 or more yoga classes for a session, a 10% discount is offered.

Students may join classes with available space at any time. Fees will be pro-rated.

Make-ups for missed classes are offered in classes with available space within the session.

In case of cancellation due to inclement weather, make-ups will be offered. Snow cancellations are listed on the phone message, 508-480-8884.

Students observing religious holidays may pro-rate the course fee or make-up the class.

## Gentle Candlelight Kripalu Yoga

*with Jozie Ewart*

**Sunday 5:30 pm — 6:45 pm**

**Spr/Sum:** May 2, 9, 16, 23, 30

June 6, 13, 20

8 weeks \$96; \$15 drop-in



## Kripalu Yoga—Level 1

*with Jozie Ewart*

**Monday 6:00 pm — 7:15 pm**

**Summer:** June 14, 21, 28

July 12, 19, 26 (no class 7/5)

6 weeks \$72; \$15 drop-in

## What is Kripalu Yoga?

Kripalu yoga is the yoga of self-awareness, of self-acceptance, and of love. Kripalu yoga connects the mind, body, and spirit through a subtle interchange of energy. Through participating in the physical asanas, or yoga postures, Kripalu yoga opens up the mind and body to become more fully aware of each present moment. This allows the practitioner to release long-held tension of the physical body, the mind, and emotions. Kripalu yoga is accessible to everyone. The practice and study of Kripalu yoga is an invaluable tool for creating positive life change.

## What to expect in a Kripalu Yoga class?

Expect to open your heart to yourself and the world around you.

A Kripalu yoga class begins with centering and meditation. We then gently warm the body with stretches and postures designed to prepare the muscles for a deeper level of opening. The asanas in a Kripalu class flow together, linked by the steady sensation of breath. A Kripalu class ends with deep relaxation, and seated meditation.

Expect to leave a Kripalu yoga class feeling wonderfully connected to yourself and your true being.