



SIMON PARK

WITH DJ HYFI

NOVEMBER 11-13

LAUGHING RIVER YOGA

Featured in Yoga Journal as “one of the most influential and gifted next generation of yoga teachers”, Simon Park is dedicated to sharing the teachings of Shiva Rea, his first teacher. Dubbed “The Flying Nomad” by Shiva, he draws inspiration from road legends such as Keith Richards and Jack Kerouac.

Fri 7-9 pm: SURF THE VINYASA WAVE, \$35

Sat 12-2 pm: JAI HANUMAN! INVERSIONS
AND ARM BALANCES, \$35

Sat 2:30-5 pm: ARTFUL ASSISTS FOR VIN-
YASA TEACHERS, \$40

Sun 9:30 am- Noon: LIQUID FLOW YOGA, \$40
\$130 for the full weekend or mix and match any
of the individual workshops.

LEARN MORE AND REGISTER AT
LAUGHINGRIVERYOGA.COM