

# Yoga from the Inside Out

## A workshop on Yoga and Ayurveda

**April 19-20, 2013**

**Taught by Natalie Ulrich, E-RYT 500, founder of Wild Blossom Yoga, New York and Pam Schulte E-RYT500, founder of Just Practice Yoga, St Louis**

**Location: Washington University Danforth Campus**

**Time: Friday 5:30 to 9 pm, Saturday 9 am to 4:30 pm**

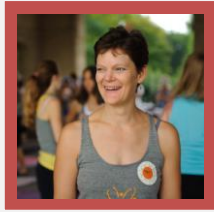
**Cost: \$140 if paid by March 15 or \$150 after March 15**  
**Wash-U students \$115 if paid by March 15 or \$120 after March 15**  
 Go to [www.justpracticeyoga.com](http://www.justpracticeyoga.com) to download registration form.  
 9.5 CEUs are available for RYTs.

Most of us would agree that we live in a constantly changing world, and that we are also in a state of constant change ourselves physically, mentally, emotionally, and spiritually. Using Ayurvedic principles as the guide, this workshop is designed to give you knowledge and tools to approach your yoga practice from the inside out. Ayurveda means “the science of life”; it is a holistic system of healthy living that has been practiced for over 5000 years. Learn how to adapt your practices on and off the mat through dietary choices, meditation techniques, breathing exercises, and more. Discover how tuning into nature...the change of seasons...the elements of Air, Fire, Water and Earth will promote inner growth and lead to greater peace of mind and an overall sense of balance in life.

This workshop will include asana practices aligned with the various elements of Earth, Air, Fire and Water, along with lots of information on how to maintain health and well being through Ayurvedic principles and practices.



**Natalie Ulrich** has been teaching yoga since 1999 and is a student of life, yoga and consciousness. She is a certified teacher of Prana Flow® Yoga, created by Shiva Rea; she has also studied under Beryl Bender Birch, completing 200 hours with The Hard & the Soft Yoga Institute. She completed an Ayurvedic teacher training in India with James Bailey, and has also studied Ayurveda with Maria Garre. Natalie aims to create an environment that encourages self-discovery through movement, breath and chanting. She brings enthusiasm, experience and lightheartedness to her classes while taking students on a voyage towards uniting mind, body and spirit. ([www.wildblossomyoga.com](http://www.wildblossomyoga.com))



**Pam Schulte** is the owner and founder of Just Practice Yoga, which has been offering yoga teacher training in St Louis since 2006. She received her formal training under Beryl Bender Birch, completing over 1000 hours of study at The Hard and Soft Yoga Institute. Her teaching is a blend of the many styles and teachers that have influenced her since her yoga journey began in 1995. She strives to teach in a way that makes yoga enjoyable, safe and accessible to everyone...balancing effort with surrender and movement with breath... to create sequences that restore physical, mental and spiritual balance.

**Yoga from the Inside Out Registration form**

Full Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Street Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

- Early bird rate, \$140 if paid by March 15       Regular rate, \$150 after March 15
- Wash-U students, \$115 if paid by March 15       Wash-U students, \$120 after March 15
- I am a yoga instructor and would like a CEU certificate for this workshop.

**Make check payable to Just Practice Yoga and mail to PO Box 11454, St Louis MO 63105.**

**For more information contact 314-650-9433 or [pam@justpracticeyoga.com](mailto:pam@justpracticeyoga.com)**