

# White Wolf *Yogadance*

With  
Mina Hamilton



In this innovative, joyful workshop you'll

- ∞ Move to the sounds of whales and wolves
- ∞ Connect more deeply to other beings on the planet
- ∞ Experience your body with more compassion and acceptance
  - ∞ Celebrate yourself and the planet

A Women's Retreat                      Saturday June 28, 1:30 – 4:00 PM  
At Crystal Essence, 39 Railroad St, Great Barrington, MA  
\$45 if paid by June 25, \$50 at the door

No prior experience with yoga or dance is necessary!

WhiteWolfYoga.com      413-528-2595