

The Relaxation of Effort

When the Body Says Yes!

An Inquiry in Body, Movement & Life with Penny Allport



Yoga on 7th

*156 East 7th Avenue (at Main)
Vancouver, BC*

Two Opportunities to Explore:

Sunday, April 15, 2012 2-5 pm

*Theme: Welcoming the Body's Innate
Intelligence, What the Body
Already Says Yes to!*

Sunday, June 10, 2012 2-5 pm

*Theme: Liberating the Fish Body,
Moving in the Widening Stream*

\$40.00 ea., \$70 for both (plus HST)

All levels of movement capacity welcome!

Pre-registration required.

Engage the movement of life's longing for itself.

Enter the infinite play of flesh and breath.

Move in joyous union with universal energy.

Lavish respect and attention in the primacy of the embodied now.

Discover gestures of new life birthing in creation.

Directly experience the relaxation of effort, when the body says Yes!

Penny Allport has been facilitating groups and individuals for over twenty years in Yoga, Continuum Movement & Montage, perceptual inquiry, dream exploration, process oriented painting and writing and ceremony. The infinite imagination of the natural world continually informs and inspires her offerings.

Private sessions are also available
at Yoga on 7th.



To Register or Inquire:
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Visa, Mastercard, Cheque & Cash accepted.
www.pennyallport.com