



# TWO YOGA WORKSHOPS WITH PHIL DILAVORE

## KNOWLEDGE BRINGS POWER

*Saturday March 24th, 3-5pm*

Through our yoga practice we learn to yoke ourselves to a new consciousness, to a new way of thinking, feeling, and being. Ultimately our yoga practice is about becoming more aware of what we were not aware of before. One of the best gifts of our yoga practice is building ability to be aware of ourselves.

In this workshop we will work on tools to bring awareness to our core muscles, physically connecting with the deepest part of ourself. We will do a variety of poses to learn how to use our core muscles and learn how to translate and bring that awareness into our everyday lives.

## ALIGNING WITH THE FLOW OF LIFE

*Saturday May 12th, 3-5pm*

Some of us may feel like we are fighting against a current in our everyday lives. Sometimes this current feels like it slows down and things get a little easier. And some days we feel like we are just in the flow and everything is working out great.

In this workshop we will learn to connect in to our own natural rhythm and the flow of life. Through this connection we will find ourselves more naturally in the places we want and need to be. We will practice simple sequences that help align our bodies, get us feeling good, and help us feel free to “go with the flow.” These sequences will be mini routines that you can bring home with you and practice daily.

*All levels are welcome and will be challenged.*

**\$30 FOR  
ONE**

**\$50 FOR  
BOTH**



### About Phil:

Phil is a 500hr  
Anusara-  
Inspired Yoga  
Teacher and

Director of Homeward Bound  
yoga. He has always carried a  
love and joy of the yoga  
tradition with him in his life as  
well as in his teaching.

He feels that all students can  
experience the spiritual and  
energetic awakenings that are  
brought forth through the yoga  
practice. He has a specialty in  
working with therapeutic issues.



PURPLE OM YOGA

3118 Route 10W, Denville, NJ 07834

973.343.2848

[www.PurpleOmYoga.com](http://www.PurpleOmYoga.com)