



Opening the Heart and Cultivating Compassion A Yoga Workshop with Kristen Coyle

Date: Sunday November 13th
2011

Time: 1:00–3:00pm

**Cost: \$25.00 pre-register
space is limited**

LOCATION

Edwardsville Fitness Studio

201 Hillsboro Ave.

Lower Level

Edwardsville, IL 62025

Tel: (618)779 5378

E-mail:

edwardsvillefs@gmail.com

**Kristen Coyle is a
Certified Vinyasa
and Dharma Yoga
Instructor at the
500hr level.**



In this workshop, we will go deeper into cultivating an open heart to release blockages in the body and mind, with the intention of deepening your yoga practice and cultivating compassion within yourself. You will explore the back-bending postures in a supportive and fun environment, using alignment and props to awaken your true potential within your yoga practice. We will also discuss the energetic effects of heart openers, and how they can play a role in becoming more compassionate.