



S P E C I A L E V E N T

WADE IRME MORISETTE

Vinyasa Vibes

Please indicate your choice(s) below:

All 3 Sessions.....\$96 (\$120 after May 6)

Fri, May 14, 6-8:30pm \$40 (\$50 after May 6)

Hip Hop Core Yoga and Meditation

Combining the best of world music grooves and a vigorous vinyasa flow, Wade transforms your yoga practice into the ultimate playground. Be transported to a deep place of release as Wade wraps up the class with live music. Be prepared to sweat, work your physical body and journey to a new place of freedom in mind and spirit. Open to all levels.

Sat, May 15 10am-1pm.....\$40 (\$50 after May 6)

Dynamic Transformative

A dynamic flow class based on Wade's intelligent sequencing principles. Come explore and learn alignment and the art of sequencing. Together we'll delve deeper into a variety of asanas (backbends, inversions, and twists). Throughout the workshop, Wade will offer tips and nuggets to help you transform your physical practice into a true mindful experience. Find peaceful bliss as Wade finishes the class with live music. Come prepared to sweat, and learn. Open to all levels of students! Also great for teachers! Leave feeling empowered and truly alive!

Sat, May 16 10am-12:30pm\$40 (\$50 after May 6)

Five Keys to Unlocking Inner Bliss

Combining the power of a vigorous flow practice, mindfulness meditation, and energizing mantra kirtan, Wade transforms your ordinary yoga practice into the extraordinary. Experience deep connection through a journey of the 5 koshas: physicality (asana), meditation, energy (pranayama), awareness (integration) and profound inner peace (music and sound). These powerful and potent practices will awaken your inner wisdom, ignite your passion for living, and open your heart to pure bliss. Open to all levels of students and teachers. Leave feeling empowered, connected and truly alive!

Fri-Sun, May 14-16

All 3 sessions: \$96 (\$120 after May 6)

Price Per Session: \$40 (\$50 after May 6)

Moksha Riverwest

Wade Imre Morisette was born in Ottawa, Canada, just minutes before his twin sister Alanis. The twins took to music at an early age; Wade studied piano as a child and took on guitar and djembe in his teens, but their paths diverged when Wade began to study yoga.

From the time he was a small child, Wade was in search of a practice that would help him connect to his spirit, trying everything from karate to tai chi. It wasn't until Wade's college roommate handed him a book by the name of The Mystic Path To Cosmic Powers that he decided to dedicate the next decade of his life to learning and teaching yoga, but his musical background would soon resurface.

During one of Wade's many visits to India, he began to travel on the path of Devotional Yoga and started chanting, a process that stills the mind, dissolves worries, and opens the heart. "It's a natural way to tune into the frequency of love," says Wade.

R E G I S T R A T I O N F O R M

NAME

ADDRESS

CITY, ST, ZIP

PHONE

EMAIL

\$15 DEPOSIT REQUIRED TO REGISTER

PMT AMT CASH CHECK VISA/MC AMEX DISC PAYPAL

CARD NO. EXPIRATION DATE

SIGNATURE

O F F I C E U S E O N L Y

OMBASE ENTRY BY DATE

REG LETTER MAILED BY DATE

EMAIL CONFIRMATION DATE



312 942 9642 info@mokshayoga.com mokshayoga.com