



julian walker
AWAKENED HEART, EMBODIED MIND
a weekend of transformational yoga

FEB 17 - 19, 2012

\$175 FULL WORKSHOP, INDIVIDUAL SESSIONS \$40,

PRE-REGISTER BY 1/20, TAKE 10% OFF

Fri 7 - 9pm

*Tribal yoga/ecstatic
dance*

*Sessions are
appropriate for
students of all levels.*

Sat 10 - noon

Grounding & Pleasure

*Workshop descriptions
can be found @
shantiyogastudio.org*

Sat 3 - 5

The Power of the Heart

*Register by calling
208.634.9711, or
contact*

Sun 10 - noon

*Truth, Creativity &
Vision*

info@shantiyogastudio.org

Sun 1:30 - 3:30

Radical Transformation

Julian has been teaching yoga since 1994 and practicing bodywork since 1997. He's evolved a unique approach that he refers to as a contemporary, integrated, tantric perspective. Julian work incorporates mind-body psychology, energetic anatomy, sacred poetry, soulful music and a sincere desire to create space for healing and personal transformation. His

classes include meditation, deep stretching, core work, flow yoga and sometimes free-from ecstatic dance. He is also seeking publication on a book about the relationships between spirituality, science and psychology, currently called: The Scientist & The Sage.

julianwalker.com