

Savannah Yoga Center presents  
**Seasonal Vinyasa Workshop**

with Melina Meza

April 21-22, 2012



**Spring/Summer Seasonal Vinyasa Workshop**

\$130 before April 1/\$150 after April 1

*Seasonal Vinyasa Yoga* describes Melina Meza's artistic style of teaching asana and seasonal daily rituals. This unique workshop emphasizes the importance of sequencing and adapting dietary approaches, cleansing techniques, daily rituals and lifestyle routines to better synchronize with the seasonal changes occurring in the natural world. Students will learn relevant philosophy applicable to today's lifestyle, seasonal practices to harmonize actions with nature, specific alignment principles to strengthen the body's inherent tendencies toward seasonal imbalances and practical tools about how to weave together these principles into a practical daily life routine. All levels welcome.

**Saturday AM 9:00am - 12:00pm, Spring Seasonal Vinyasa, \$45/\$50 after April 1**

**Saturday PM 1:30pm - 3:30pm, Sequencing a Vinyasa Class for Reason/Season, \$30/\$35 after April 1**

**Sunday AM 9:00am - 12:00pm, Summer Seasonal Vinyasa, \$45/\$50 after April 1**

**Sunday PM 1:30pm - 3:30pm, Walking the Path: Yoga and Mindfulness, \$30/\$35 after April 1**

**Melina Meza, BS Nutrition, 500-RYT**

Melina has been exploring the art and science of yoga and nutrition for over 16 years. She combines her knowledge of Hatha Yoga, Ayurveda, whole foods nutrition, and healthy lifestyle promotion into a unique style called Seasonal Vinyasa. Seasonal Vinyasa is Melina's original offering to the yoga community. Each yoga class, workshop, or retreat with Melina emphasizes the importance of sequencing and being in alignment with nature. In addition to asana practice, they include insights on physical health and nutrition as well as how to inspire self-knowledge that allows for the conscious adjustment of day-to-day choices. Her devotion to yoga and eating well, to teaching and nutritional counseling, and to traveling and experiencing different cultures combine to create a colorful and hopefully enlightening perspective from which to share that which she loves about yoga in its entirety. Melina is the author of the [Art of Sequencing I and II](#) books.

**Savannah Yoga Center • 1319 Bull Street • 912-232-2994 • [www.savannahyoga.com](http://www.savannahyoga.com)**