

**This January 23<sup>rd</sup>, 9:30 a.m.  
Exciting NEW 2 hour Vinyasa flow Workshop!**

*"No matter what's going on in your life, body, or mind, there's a  
nothing a little chocolate can't fix..."*



**"Yoga & Chocolate Workshop"  
with David Romanelli**

Dave from Yeah Dave Yoga will be at our center with great yoga, big fun, and chocolates!

Find out why everyone is raving about Yoga & Chocolate.

This event will sell out so reserve your spot now!

**\$55.00**

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Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Payment Method: MC \_\_\_ Visa \_\_\_ Ck \_\_\_ Cash \_\_\_

# Coming Soon! Saturday, Jan 23<sup>rd</sup>



## **Yoga + Miracles: There's nothing a little chocolate can't fix** Based on a true story...

In 1912, a Swiss doctor won the Nobel Prize in Medicine. A few years earlier at the healing waters of Lourdes, France this doctor witnessed something that forever changed his view on life, science, and religion.

David Romanelli's 2 hour vinyasa flow workshop will stretch, lift, twist, and open your tightest muscle of all...the brain. As the Swiss doctor in Lourdes realized, sudden and sustained shifts in the mind can do wonders on the body. Flowing vinyasa yoga, rockin tunes, fascinating insights, the magic of optimism, and a post class tasting of Vosges exotic chocolate truffles. No matter what's going on in your life, body, or mind, there's a nothing a little chocolate can't fix...

### *Bio:*

*What do you get when you mix Eckhart Tolle, Jerry Garcia, a dash of Spiccoli, a touch of exotic chocolate, and a splash of Cabernet? Since 2004, David Romanelli has been traveling the world sharing his Yoga + Chocolate and Yoga + Wine experiences. The purists have been known to challenge his blending of ancient tradition with modern tastes, sounds, and passions. But those who prefer their yoga coated in chocolate, seasoned with humor, and lavished with Marley have enjoyed his workshops and debut book *Yeah Dave's Guide to Livin' the Moment: Getting to Ecstasy through Wine, Chocolate, and Your Ipod Playlist* (Broadway Books). David has been featured in O Magazine, Newsweek, and The New York Times. In June 2009, his book reached #1 on the Amazon.com Self-Help Bestseller List. David is co-founder of At One Yoga in Scottsdale, AZ. Check out his website: [www.yeahdave.com](http://www.yeahdave.com)*