

Simple Yoga presents

# Maya Yoga

**NICKI DOANE & EDDIE MODESTINI**

**Weekend Workshop: June 25 - 27, 2010**

**40 Hour Intensive: June 28th - July 2nd, 2010**



Devotion to yoga and the desire to share with and give back to the world are what motivate the teaching of Maya Yoga with Eddie Modestini and Nicki Doane. Maya Yoga is the "unsystem" system of yoga. Maya means "illusion" in Sanskrit so it is never what you think it is! Eddie and Nicki have developed their approach to yoga that is intent on serving the Individual student. Yoga is spirit in action, and as Eddie and Nicki teach, they inspire people to find a place of spirit inside themselves, recognizing the profound connection between the self and spirit.

They strive to teach each student that yoga is about being fully present in the moment and discovering that we are truly all One. One Love. One People. One Heart. One Destination - Our Higher Self. (more info at: [www.yogaonmaui.com](http://www.yogaonmaui.com))

## **40 Hour Intensive**

**Dates:** June 28th - July 2nd, 2010

**Times:** 8 am - 5 pm with one hour lunch break

**Location:** 220 W. Main St.,  
Hamilton, MT 59840

**Cost:** \$850

**Deposit:** \$150 for the Intensive,  
\$50 for the weekend only  
\$150 for both

## **Weekend Workshop**

**Dates:** June 25 - 27, 2010

**Schedule:**

**Friday 6:00 - 8:00 pm:** Exploring How a Sustainable Practice Creates a Sustainable Life

**Saturday 9:00 am - 12:00 pm:** Backbends to Extend the Spine and Expand your Consciousness

**Saturday 2:00 - 4:00 pm:** Taking Time to Look Within

**Sunday 9:00 am - 12:00 pm:** Wake Up and Flow

**Location:** Downtown Dance Collective

121 W. Main St., Missoula, MT

**Cost:** \$180



To register or questions contact Meg at 406-544-2101  
or email at [Meg@SimpleYogaMontana.com](mailto:Meg@SimpleYogaMontana.com)

[www.SimpleYogaMontana.com](http://www.SimpleYogaMontana.com)