



Wade Morissette

Come join us in an Inspiring weekend and Welcome WADE back to Texas!

HIP HOP CORE YOGA & MEDITATION

Friday 11-6-09

7pm-9:30pm

\$40 before 10-23-09/\$45 after 10-23-09

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.

Dynamic Transformative Yoga

Saturday 11-7-09

12pm – 2:30pm

\$40 before 10-23-09/\$45 after 10-23-09

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!

Five Keys to Unlocking Inner Bliss

Saturday 11-7-09

4pm-6:30pm

\$40 before 10-23-09/\$45 after 10-23-09

Combining the power of a vigorous flow practice, mindful 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. For All Levels.

POT LUCK FESTIVAL from 6:30pm to 7:30pm, Please bring your favorite dish or dishes to share with our community. Meet Wade and others in our YOGA community!

KIRTAN

Saturday 11-7-09

7:30pm-9:30pm

\$25 before 10-23-09/\$30 after 10-23-09

A sing until you can't sing anymore bliss out mantra call and response expression fest! Kids are welcome to join in the fun!

VINYASA FLOW ~ SWEATY PRACTICE WITH MUSIC ~ INSPIRED LIFE

Sunday 11-8-09

1:30pm-3:30pm

\$30 before 10-23-09/\$35 after 10-23-09

Integrative Vinyasa Flow and sound combined with a mapping out of where to take your practice with what you have learned over the workshop with Wade. This All Levels Class is designed for new and experienced students.

About Wade Morissette 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. He realized he could combine his two passions--yoga and music--to create his own original blend of indie rock/pop music with Sanskrit and English chants. "My first concerts were in India, and people would come up to me and say that my music touched their hearts. I decided to take my music to different yoga studios across the world," Wade explains.

Wade has been practicing and teaching yoga for 13 years. He has completed Iyengar, Classical Ashtanga and Ashtanga-Vinyasa yoga teacher training. He has studied Vinyasa, Viniyoga, Anusara, and Kriya yoga, as well as zazen, Vedic Chanting, and active movement and sound meditations with some of the best-known teachers in Canada, North America, and India. He is also a Reiki master, certified Phoenix Rising yoga therapist, and Viniyoga Therapist. He leads teacher trainings, workshops, retreats, and music-dance evenings internationally. He is currently releasing his yoga book "Transformative Yoga: 5 Keys to Unlocking Inner Bliss" with New Harbinger Publications.

Register online: www.proactiveworx.com

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\$155 All Weekend before 10-23-09/After 10-23-09 \$180

All Workshops are non-refundable.

