

A Weekend with David Romanelli

May 21, 22 & 23

Blue Turtle Yoga • 69 Wentworth Street



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*.

David has been featured in *O Magazine*, *Newsweek*, and *The New York Times* and last year 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

YOGA + MIRACLES: WITH WINE, ANYTHING IS POSSIBLE

"Miracles happen to those who believe in them." -- Bernard Berenson

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 the tightest muscle of all...your brain. Little shifts in the mind can do wonders for the body. Shine on with rockin' tunes, a splash of wine, a little inspiration, and the magic of optimism.

Friday, May 21, 6 - 8pm

Note: Wine tasting will take place after class and is only open to those age 21 and older. Price of admission is for the yoga workshop only. The wine-tasting after class is free of charge.

YOGA + ETERNAL YOUTH:

CHOCOLATE, TUNES, AND MOVES TO ENHANCE YOUR VITALITY AND VIRILITY

"You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair." -Douglas MacArthur

In the world's remote corners, mountains, and islands, there exist indigenous people who defy the test of time. They exhibit miraculous strength, instinct, and immunity to aging. What is their secret? This 2 hour vinyasa flow yoga workshop will blend music, yoga, the world's greatest chocolate, and indigenous tradition to ignite your body's innate power to conquer disease and live fully from youth to the golden years.

Saturday, May 22, 10am - Noon

CHOCOLATE-COVERED HAPPINESS

"Stressed spelled backwards is Desserts."

In this 2 hour deep stretch experience, you'll discover secrets from the world's happiest countries as rated in the World Happiness Index. There is much to learn from the far-reaching corners of the world like Iceland, Bhutan, and India to name a few. Afterward, you will indulge in Vosges Haut-Chocolat truffles, the French secret to greater happiness.

Sunday, May 23, 10am - Noon

call 843-723-4995 to register
\$40 per session or \$100 for all 3 sessions
\$90 for all 3 sessions before April 30th

