

Fall Equinox at One Yoga in Santa Cruz

A week of specially-themed events and workshops

At the fall equinox, nature's energy systems - including our own natural energy - begin to shift. Ancient cultures honored this time to prepare for an inner journey, gathering wisdom and integrating strengths in preparation for the shorter, colder days ahead. To aid our deeper awareness of changes in body and mind, we've assembled an amazing lineup of luminaries to assist you in navigating through the coming season.



Sunday, Sept 21, 1:30-4:30pm Mark Stephens, Cultivating Balance in Yoga & Life

A complete practice including deeply balancing forms of conscious breathing, exploring how to cultivate the balance of effort and ease in the warming flow of Surya Namaskara, standing balance and hand balance asanas, heart and hip openers and meditation. Price: \$25.

Wednesday, Sept 24, 5:30-7:30pm Rolf Gates, Equinox Equanimity: At One with the Universal Flow

Acclaimed yogic philosophy author and teacher, Rolf's classes are a synergy of the dynamic freedom of vinyasa and the structural integrity of precise alignment. He was recently named in Travel and Leisure's Top 25 Yoga Studios Around the World, and Boston's Best Yoga Teacher. Rolf says, "What we carry in our hearts is who we are; and who we are is our gift to the world." This practice is intentionally challenging, but open to all levels. Price: \$15. Proceeds benefit Veterans Memorial Building.



Friday, Sept 26 at 8pm Donna DeLory, Live in Concert

Join us for a magical evening of devotional music with the amazing Donna De Lory and guest musicians. Donna voice and music transcends time and genre. Fans will be familiar with Donna from her years of touring with Madonna, but her music has its own compelling vision. Inspired by Indian music and dance beats from around the globe as well as western pop, Donna's songs blend diverse styles for a sound that's as natural as it is unique. Highly recommended! Tickets: \$15 advance, \$20 door at the Vets Hall office and online at ticketweb.com.

Saturday, Sept 27, 1-3:30pm Rusty Wells, Bhakti Flow

Celebrate the beginning of autumn in this heart-centered dynamic yoga workshop with Rusty Wells. Autumn is all about shedding, letting go of what no longer serves or works in this life. Allow the practice of yoga to help you rid yourself of all that is not essentially you and yours. This asana-driven practice is perfect for experienced students of vinyasa flow yoga. You'll enjoy new and challenging sequences inspired by Rusty's genuine and natural spirituality. Be prepared to sweat, laugh and sing. Cost: \$30 by Sept 15, \$35 after. Register at ticketweb.com



Sunday, Sept 28, 10am - 4:30pm Cheri Huber, One Day Zen Workshop: "There is Nothing Wrong with You"

In this interactive one-day workshop with Zen teacher Cheri Huber, you'll use group discussion, journaling and guided imagery to see that "there is nothing wrong with you," which just might change forever the most important relationship in your life: the one you have with yourself. Cheri Huber, a student and teacher of Zen for more than 30 years, has written 19 books. Price: \$80 by 9/1, \$100 thereafter. Student discounts available. Register at LivingCompassion.org or call 209-728-0860.



All events take place at the
Veterans Memorial Building

846 Front Street (next to the main Post Office)
Santa Cruz CA 95060 831.454.0478 ext. 10
oneyoga.org vetshall.org info@oneyoga.org