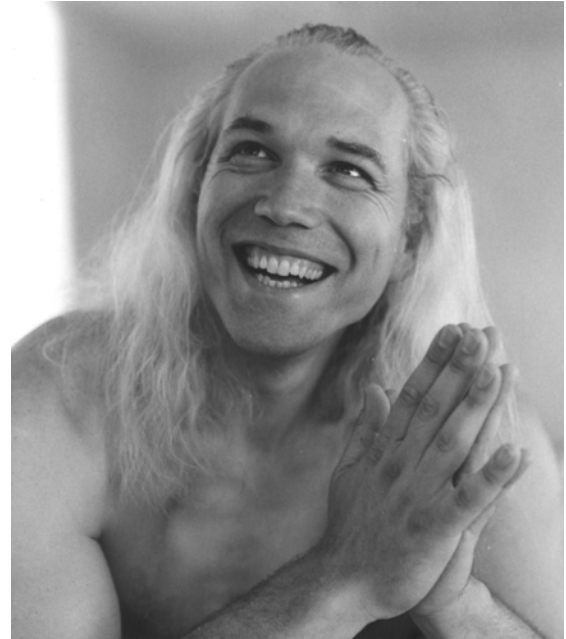


Yoga: An Act of Remembrance with Max Strom



**YOGA
SYNTHESIS**

225 N. Franklin Turnpike
Ramsey, NJ 07446
201-818-YOGA (9642)



Friday, July 7, 7-9:30 pm

The ancient ones teach that in the world of spirit, we do not ever learn, but remember. *“Our task before us is to remember who we are and what we are.”*

Part I of the workshop includes a brief talk, vigorous vinyasa flow, inversions, and breath work. Part II will be on the floor as we gently open the hips with long holds in preparation for a guided meditation on the act of remembrance.

Appropriate for all levels of yoga practitioners.

\$40 per person until June 30; \$45 thereafter.

For information regarding Yoga Synthesis Classes, Workshops & Retreats, and Yoga Synthesis Teachers' Training, please visit www.yogasynthesis.com or call 201-818-YOGA (9642).

About Max Strom:

Max Strom, founder of Sacred Movement Yoga in Los Angeles, is known for inspiring and impacting the lives of his students with his soulful, gregarious nature, and profound integrity. His method integrates Vinyasa Yoga with Sufism, Chi Gung, and movement therapy.

Max created and led the Sacred Movement Teacher training program which he now leads nationally. He has recently released the groundbreaking new DVD entitled “*Max Strom Yoga - Strength, Grace, and Healing*”, and has published several articles on yoga and personal transformation. He is currently finishing his book on Yoga.

With an imperative to understand life’s meaning, by the young age of nineteen, Max had studied Taoism, esoteric Christianity, Sufism, and was diligently practicing meditation and Chi Gung. Over the next twelve years, however, his passion for music and writing gradually eclipsed his spiritual quest, and he became immersed in two careers, first in music as a singer-songwriter, and then film as a working screenwriter. His spiritual quest was re-ignited when he was introduced to Hatha Yoga. The practice affected him so deeply it ultimately became a “system of embodiment” for all of his studies. Max has been devoted to Yoga since 1991 and has experienced a profound life-change through his practice.

Quotes from Max:

“The yoga postures and breath are tools to rebuild and transform ourselves. The goal is not to tie ourselves in knots - we’re already tied in knots. The aim is to untie the knots in our hearts. The aim is to unite with the ultimate, loving, and peaceful power in the universe.” – Max Strom

“Peace is not only the absence of war, but also a way of seeing the world, and the choices we make are how we express and manifest that vision into the world.” – Max Strom

Max Strom

Ashland, Oregon

www.maxstrom.com