



Arizona Yoga  
presents:

“The Well Spring of Love”  
with Paulette Bodeman

As the summer heat continues to bear down upon us, you are invited to refresh yourself with an afternoon of meditation, asana and cool contemplation.

When: Sunday, July 20, 1-4pm

Where: Arizona Yoga studio  
2334 N. Scottsdale Rd. #126  
(b/w Thomas and Oak)  
Scottsdale, AZ 85257

Cost: \$40 Advanced Registration

Join us in honoring Paulette Bodeman, and her authentic and empowering style of meditation, journal, and asana. Paulette offers a class that will encourage an opening of the heart, allowing the body to experience a true healing of the spirit through yoga. In addition, her dedication to, and over fifteen years of experience with meditation, Paulette provides inspiring and effective ways of teaching meditation.

Spaces are limited. REGISTER ASAP by  
contacting: Meguire Caldwell, Program &

Marketing Director

925-323-0717

meguirecaldwell@azyoga-lha.net

OR

480-941-6855 ~ info@azyoga.net

**“Step into the Flow.  
Drink from the well-spring  
of love.  
Be of open Heart.”  
--Paulette**

Visit [www.azyoga-lha.net](http://www.azyoga-lha.net) for more info