

# Yoga with Thomas Fortel

## A Winter's Solstice... a journey within.

St. Louis YogaSource, 1500 Big Bend Blvd., St. Louis, Mo 63117  
Sunday Dec. 6, 2009 and/or Sunday Dec. 27, 2009  
9am- 12.30pm • \$40 per workshop

“Come, come, whoever you are. Wanderer, worshiper,  
Lover of leaving. It doesn't matter, ours is not a  
caravan of despair. Come, even if you have broken  
your vow, a thousand times, come yet again.” –Rumi



Thomas Fortel

**Thomas Michael Fortel** is a long time practitioner of yoga. Firmly grounded in the knowledge of the physical body, his teaching focuses on weaving body and mind with spiritual reality through the rhythm of the breath. Thomas grew up in St. Louis and attended his first yoga classes here, during and after completing a BSN in Nursing and a BA in Sociology at Saint Louis University.

He presently lives in Big Sur, CA. Thomas is also an experienced astrologer, massage therapist and painter.

For more information contact YogaSource:  
(314) 645-9642, or  
stlouisyogasource@gmail.com

### Workshop Schedule:

Sunday, Dec. 6, 9:00am-12:30pm

Sunday, Dec. 27, 9:00am-12:30pm

This includes a 90 minute  
pranayama/meditation  
and a 2-hour asana practice.

Your registration is complete when we receive your payment. Please come to the workshop a few minutes early to check in.

Please bring any yoga props you have for yourself.



### Registration Form:

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email address: \_\_\_\_\_

Paying by: Ck    Visa    Cash  
Pay check to the order of YogaSource.

Card No.: \_\_\_\_\_ Exp. date: \_\_\_\_\_

Signature: \_\_\_\_\_

Total # classes: \_\_\_\_\_

Total cost: \_\_\_\_\_

Please indicate the sessions you are attending:

Sunday, Dec. 6, 9:00am-12:30pm

Sunday, Dec. 27, 9:00am-12:30pm

Total amount Enclosed \$ \_\_\_\_\_

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