

# The Relaxation of Effort

*When the Body Says Yes!*

*An Inquiry in Body, Movement & Life with Penny Allport*



*Yoga on 7th*

*156 East 7th Avenue (at Main)  
Vancouver, BC*

*Wednesdays 2:15 - 4:30 pm*

*Drop in Introduction*

*Wednesday, January 25, 2012*

*\$ 25.00 ( includes HST)*

*4 Week Class*

*Feb. 8 & 22, Mar. 7 & 21, 2012*

*\$ 135.00 (includes HST)*

*Registration required.*

When the Body Says Yes!

**Engage** the movement of life's longing for itself.

**Enter** the infinite play of flesh and breath.

**Move** in joyous union with universal energy.

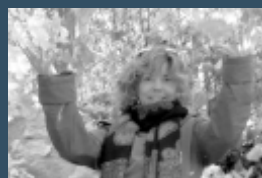
**Lavish** respect and attention in the primacy of the embodied now.

**Discover** gestures of new life birthing in creation.

**Directly** experience the relaxation of effort, when the body says Yes!

*Penny Allport* has been facilitating groups and individuals for over twenty years in Yoga, Continuum Movement & Montage, perceptual inquiry, dream exploration, process oriented painting and writing and ceremony. The infinite imagination of the natural world continually informs and inspires her offerings.

Private sessions are also available  
at Yoga on 7th.



*To Register or Inquire:  
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Visa, Mastercard, Cheque & Cash accepted.  
[www.pennyallport.com](http://www.pennyallport.com)