

creative studios lv invites you to  
join maythinee washington for  
**stoke your inner fire\*:**

*a multi-disciplinary yoga workshop including  
guided meditation and pranayama,  
dynamic writing prompts,  
and a juicy asana sequence  
to clear out stuck energy,  
tap into the core, and root down  
to set a strong, authentic intention for the year*

1-3pm  
Saturday, Jan 1st 2011  
\$30  
limited to 20 guests

*appropriate for strong beginners+ and beyond  
light refreshments provided afterwards  
RSVP w/ full payment by Dec 29th, highly encouraged*

*maythinee blends her knowledge of functional anatomy  
stemming from her experience in physical theater,  
alexander technique, and bodywork with her training as a yogi  
to create an intelligently designed workshop that is both  
**strengthening and rejuvenating.***

*learn to play with your edge, ride the breath,  
and challenge yourself in a safe, nourishing environment.*

*please bring a yoga mat, full-sized bath towel, journal/paper & pen,  
water, and any other props you use for your comfort  
(supplies can be provided upon request)*

*check out [maythinee.com](http://maythinee.com) for details and reservations  
+questions? love 'em! ask at [info@maythinee.com](mailto:info@maythinee.com)*

**C S LV** creative studios lv

Imagine.Create.Perform.

Creative Studios LV is a home for  
Las Vegas performing artists to imagine  
new performance possibilities, create  
opportunities to bring them to life, and  
perform this work for a desired audience.

6415 S. Tenaya #140  
Las Vegas, NV 89113



**THIS NEW YEAR,  
DON'T JUST PRACTICE,  
EVOLVE\***  
1-1-11  
@one

*\*leave the ordinary at home*

