

SPECIAL EVENT

Rufus Wainwright's **Blackout Sabbath** with Zelina Blagden



CELEBRATE



June 21, 2008

Saturday 7:15—8:30

Location

Downtown Studio

Suggested Donation

\$25 at door, cash only

or

Bring in an old electronic device
to be recycled.

Space is limited, reservations recommended.

On the longest day of the year, we are turning everything off for an energy-free practice!

Inspired by the NYC blackout in 2003, Rufus Wainwright's *Blackout Sabbath* proposes that we all turn out the lights and unplug appliances on June 21, the summer solstice. It's a time to pay attention to each other and the earth, so YogaWorks is celebrating with a special yoga practice designed by Rufus' personal instructor, Zelina Blagden. You'll be lead through a gentle flow, followed by a luxurious meditation and savasana. The end of class will be devoted to creating a personal "to-do" list for the earth. www.blackoutsabbath.org

Zelina Blagden

Zelina has been teaching yoga since 2000. She received her Teacher trainings with Alison West and David Swensen and her advanced TT at YogaWorks with Julie Kleinman. She taught for Yogaworks in NY in 2005 and 2006. She most recently left studio teaching to join the Rufus Wainwright band on a world tour but has returned for the summer to teach yoga in Connecticut.

*Rufus will be touring overseas during this event,
but he's given it his blessing!



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