

THE YOGA OF MONEY: Don't Let Your Finances Tie You Up in Knots

December 2, 2010

Thursday 7:30-9:30pm

LOCATION

Costa Mesa Studio

PRICE

\$25* by 11/26

\$35* after

* A portion of the proceeds from this workshop will be matched by Abacus Wealth Partners (up to \$5,000) and donated to Off the Mat, Into the World® (OTM), a program of the nonprofit, The Engage Network, which is dedicated to bridging yoga and activism. OTM's mission is to use the power of yoga to inspire conscious, sustainable activism and ignite grassroots social change.

Learn to apply the yogic practices of breath, self-inquiry, truthfulness, and nonviolence to money.

Yoga is the art of making the unconscious conscious and breathing through difficult sensations, skills that are essential to having a healthy relationship to money. Learn to apply the yogic practices of breath (pranayama), self-inquiry (svadhyaya), truthfulness (asteya), and nonviolence (ahimsa) to money. These skills have never been more essential than in today's financial craziness. In this two hour experiential workshop, which will include lecture, journaling, and guided meditation (but no physical yoga), you can have a dramatic impact on your income, spending, and investing success. Come forge a new relationship with money based on your current spiritual values rather than your outdated habits. Discover and reclaim your true inheritance: wisdom, prosperity, joy, and generosity.

Brent Kessel is the president and co-founder of Abacus Wealth Partners, an independent wealth management firm specializing in sustainable investing. Brent has been named multiple times as one of the top financial advisors in the U.S. by Worth magazine. A yogi at dawn and a financial planner by day, he has dedicated himself to yoga since 1989 and has progressed through the fourth series of Ashtanga under the guidance of Chuck Miller and Pattabhi Jois. Brent is the author of *It's Not About the Money: Unlock Your Money Type to Achieve Spiritual and Financial Abundance*. He has appeared on the CBS Early Show, ABC News, and has written on money and yoga for *Yoga Journal* and *Body+Soul* magazines.



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