

1440 MULTIVERSITY

THE NATION'S NEWEST LEARNING DESTINATION
IN THE CALIFORNIA REDWOODS NEAR SANTA CRUZ

- State-of-the-art campus with holistic amenities
- Daily yoga, meditation, and farm-to-table cuisine
- Massage, energy work, healing arts, hiking, and more



1440
MULTIVERSITY



LifeForce Yoga® to Manage Your Mood AMY WEINTRAUB

November 17 - November 19

Become the agent of your own healing! LifeForce Yoga weaves the power of an ancient discipline with current scientific findings to help you release what's no longer serving you.

For all levels, including beginners, health and yoga, professionals, and psychotherapists.

Learn techniques not regularly taught in yoga classes to help yourself and your clients focus, relax, and have greater access to feelings.

Learn more and register at 1440.org/lifeforce-yoga-mood/