

Grace: Power Yoga

with Laura Blomquist

Sunday, August 15th 2:00-5:00pm

\$35 in advance (\$40 at the door)

**Generate more Power through a strong
mindful, controlled & rich way.**

You will learn how to:

- Use breath to regulate & increase body depth & internal temperature
- Explore deeper levels of alignment & form
- Deepen your overall practice & postures while safe-guarding your body

**Appropriate for intermediate/advanced yoga
students/teachers**

learn
practice
grow

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