

Flow Through Life's Transitions

Integrating Breath & Movement through fluid, connected postures

Yoga has been used for millennia during times of instability to gain self perspective and self mastery in order to realign body-mind and life.

In the workshop we will learn:

- ॐ The basic components to a Vinyasa practice
- ॐ How to gain the most benefit and avoid pitfalls of the Vinyasa practice by engaging proper alignment & form
- ॐ Master appropriate modifications; properly tailoring the practice to meet the specific needs of your body
- ॐ Using breath to guide movement and meditation throughout your practice

This workshop is perfect for those new or experienced in a flow style class.

We will be practicing asanas so proper attire is recommended.

How to register:

▶ go to our website:

www.stpetersburgyoga.com

▶ email us: info@stpetersburgyoga.com

▶ call us: 727-894-YOGA

Date: Saturday, March 13th

Time: 2:00-5:00pm

Cost: \$35 pre-register

Teacher: Laura Blomquist

