

# VIJNANA YOGA WITH FLO

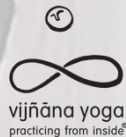
## FALL OFFERINGS

### OCTOBER 9- NOVEMBER 17



*Gravity is the root of lightness,  
stillness the ruler of movement.*

- Tuesday 6.30- 8.00pm  
The Elastic body- fascial conditioning & training  
Deep cellular release  
REGISTER ONLY \$90 6 week session
- Wednesday 2.00- 4.00pm  
50+ foundation & Tensegrity repair series  
drop in \$20



- Wednesday 6.00- 7.30pm  
Yoga for the Transforming body  
Meditation- Breath- Natural movement  
REGISTER ONLY \$90 6 week session
- Friday 9.30- 11.00am  
Ease into the Flow  
Fluid unfolding of sequential practices.  
Drop in \$ 15

## Special Events

- Dancing the Body of Light  
Friday 6.30- 8.00pm  
October 13  
November 3 & 17  
Movement & music lovers \$15
- Deepening Practice  
MONDAYS- 8.30- 11.00 \*no class Oct 23  
intermediate \$ 20

