

FRIDAY

Workshop Series

7PM - 9PM
\$6 PER WORKSHOP

SHEPHERDSTOWN • HARMONY ROOM

April 13	Jennifer Turman Bayliss	Being Compassionate With Yourself: Exploring the Yogic Practice of Ahimsa
April 27	Stuart Hill	Demystifying Kundalini Yoga
May 11	Kimber Hyatt	Spring Medicine: Self-care and Yoga Techniques for the Season
May 25	Terri Ward	Soul Writing: Awakening Your Authentic Voice Through Yoga and Meditation
June 1	Kim Moon	Nada Yoga: Your Body as an Instrument of Peace
June 15	Robin Wasser	Slow the Flow: Invigorate AND Calm with Lunar Postures to Balance a Daily Yang Practice
June 29	Lezlee Sabo	Winds of Subtle Energy: An Intro to the Vayus through Asana, Breathwork, and Meditation
July 6	Sara Shade	Awakening Sleep: Yoga for a Better Night's Rest
July 20	Stuart Hill	Use Your Breath to Stimulate Your Energy Systems <i>*IN MELLOW ROOM</i>
July 27	Renee Irons	Supporting Recovery with Yoga and Aligning with the 12 Steps
August 10	Terri Ward	A Hot, Scattered Mess: Easing the Symptoms of Menopause with Yoga <i>*IN MELLOW ROOM</i>
August 17	Bo Bowman	Lean on Me: Discover the Freedom to Fly with Partner Yoga
August 24	Lindsay DeGraw	Yoga and the Christian Faith: Trading Confusion for Knowledge. How the Yoga Practice Can Serve to Deepen Your Walk With God
August 31	Katherine Austin	Find your Roots: Creating Stability Through Transitions
Sept. 7	Debbie Coulson	Intro to Props: Stretch, Restore, Relax
Sept. 14	Crystal Rainey	Healing Trauma: A Yogic Journey for Young Adults toward a Healthier Mind and Body
October 5	Danny Nicol	Back In Business: Yoga for Back and SI Joint Pain
October 12	Sherry Speelman	Laughter Yoga: Laughing for the Health of it!

Join our advanced teachers-in-training as they explore and illuminate the physical, mental and spiritual through these community workshops.

Just \$6 per workshop.

Advanced sign-up recommended as space is limited.



REGISTER ONLINE:

JalaYogaFlow.com
401.440.0279