



An Early Spring

A Yoga Workshop to De-tox & Destress

Saturday, March 6th
2-4pm
with Tracy Hart

This integrative yoga workshop will feature a series of **strong vinyasa flow sequences**, in a **heated room**, coordinated with the rhythms of **live drums**.

It will also include a deep **yoga nidra session**, enhanced with the sounds of Tibetan bowls & bells to relieve stress & tension from the mind & body. Yoga nidra incorporates a variety of conscious relaxation & meditative techniques including chakra awareness, intention & visualization.



Some basic yoga experience is recommended.



YamaYoga

231 East Buffalo St.
Milwaukee, WI 53202
414-224-1519
www.yamayogastudio.com



Cost: \$25

Call 414-224-1519 or email info@yamayogastudio.com to register.
Pre-registration is encouraged.

