

Summer Flow

w o r k s h o p

Translate your physical energy into emotional harmony

Sunday, July 18th

2:00pm – 4:00pm

South Boulder Studio

\$35

\$25 for teachers

Each season has its own personality, mood and energy. Summer is the high point of outdoor exercise and recreational activities, therefore it is essential we also find ways to create internal spiritual and emotional harmony. Join CorePower Yoga's Valerie D'Ambrosio in this two-hour workshop to deepen your awareness in this very yang season through movement, intention and meditation. Together, let's synchronize our internal rhythms to match those of the Earth!

This workshop will be mostly asana with some discussion.

Contact cara@corepoweryoga.com
for more information

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