

Yoga Space

Focus Class March 24, 1:00 - 3:30 pm



Connect the Dots

The Journey from Asana to Your Core

Sunday, March 24

Do you wonder why yoga is defined as 'joining body, mind and soul' when what you do in class is work on the details of moving your body: extend! lift! rotate! move! hold! How does doing all that join and connect together the elusive body parts with your mind and touch your soul?

Have you ever noticed that your state of consciousness feels different when you leave class from when you came in? Do you ever find yourself wanting your life to slow down or to have the skills necessary to calm down and stop your mind from racing?

This class will use simple asanas to help you begin to understand how this method of yoga takes you on the journey through the layers of the body, mind and inner self. You will experience how asana can give you entirely different experiences; change your awareness and create a sense of equipoise. Six months experience necessary.

Register online:

www.yogaspacann Arbor.com or mail in a check with the class name, your address, email and phone.

Pre-registration is necessary by March 16, minimum 6.

Sunday March 24

1:00 - 3:30 pm

Sue Salaniuk

\$45

Fees

Go to www.yogaspacann Arbor.com to register

Checks and Cash

You may mail in a check payable to The Yoga Space with your name, address, email, phone and the class name.

Please allow 5 business days for delivery, registrations should arrive by March 16.

Connect the Dots: \$45

Credit

Or you may register online at

www.yogaspacann Arbor.com

\$3.00 convenience fee added for credit cards

The Yoga Space, 180 Little Lake Dr #1, Ann Arbor, MI 48103



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