

Deepen Your Practice

with Leah Wrobel



Yoga Workshop

Saturday October 18 9am-12pm \$50

Registration or questions: Contact Leah

at 850.980.6338

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C h a n g e

An opportunity to deepen the understanding of your yoga practice; The Workshop is recommended to anyone who has at least one year of experience and will focus on the concept of *Change* in breath as well as on exploring the place between movement and stillness.

9-9:50 Sitting and Pranayama

9:50-10:05 Break and Refreshments

10:05-11:50 Asana

11:50-12 Relaxation

Abundance Wellness Center

325 John Knox Rd. Bldg T, Suite 1

