

# Deepen your Practice

a monthly workshop with Leah Wrobel

These workshops are intended to give time and space to unfold additional dimensions that often our "regular" 1-1.5 hour yoga classes do not have the time to offer. Exploring breath work, partnering, flow and some more advanced postures with guidance and support.

Teaching yoga for over a decade, Leah holds a certificate in Kripalu Yoga instruction from 2003 and advanced training in Vijnana Yoga 2005 under master teacher Orit Sen-Gupta and Noga Barkai. She has also trained extensively in Ashtanga, Vinyasa, Power flow, Hatha Yoga and Iyengar, and has studied and taught in Israel, Europe, India, and the USA.



September 12 - Bhakti  
October 3 - Moving into Fall  
November 7 - Inner and Outer Gaze  
December 5 - Ahimsa

50\$ 9am-12pm  
Abundance Wellness Center  
325 John Knox Rd

For registration and questions:

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