

SUPERSOUL

INSPIRED

YOGA

LIVING

Connecting with Your Power Animal



with Mary Flinn

Yoga and pranayama will be used to enhance our Shamanic journey towards connecting with your power animal. Entering into our archetypal life can give us messages and support from places we may not even be aware of. Yoga and pranayama practice opens us up to a subtle psychic vibration that brings healing and understanding.

Breath-work, yin and vinyasa yoga will all be practiced.

Saturday, May 5 | 1 - 3 PM | \$35