

Seasonal Flow Yoga

A Workshop with Shala Worsley



February 13, 2010, 2:30-5:00 p.m.

Each Season has its own personality, mood and energy which effects us on a very deep level. Come join me for reflection on how this seasonal change is resonating within ourselves and throughout our lives. Through our yoga practice, let's synchronize our internal rhythms to match those of the Earth!

Seasonal Flow Yoga is a dynamic flow class for advanced beginners to intermediate practitioners who want to celebrate the change of seasons in their practice. The two-and-a-half-hour class will include asana, pranayama, and meditation practices and more.

Shala Worsley is a certified yoga instructor. She has been teaching Flow Yoga since 1998 and currently owns the Asheville School of Massage and Yoga. She is one of Asheville's most popular teachers, and currently teaches sold out classes at the Asheville Yoga Center.



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\$35 - preregistrations only
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