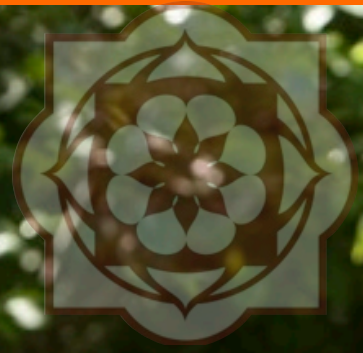




Presents.....



Riding the Prana Flow Wave

With Adri Kyser E-RYT 500

Saturday April 24th ~ 1:00 – 3:00pm

\$25 advance \$35 at the door ~ Register early and save!

Created and inspired by the teachings of Shiva Rea. Experience the unifying power of Prana that underline our bodies and lives.

In this dynamic and energetic practice we will explore a different approach to the style of Vinyasa by riding the wave of your breath with movements. We will release the doing of yoga and transform into the easy and vital state of being yoga.

We will experience the waves of prana as we flow through hip opening and balancing (asanas) poses. All levels are welcome!

For more info about Adri, please visit www.innerbeautyoga.com

Studio 108 Yoga ~ 972-462-yoga ~ www.studio108yoga.com