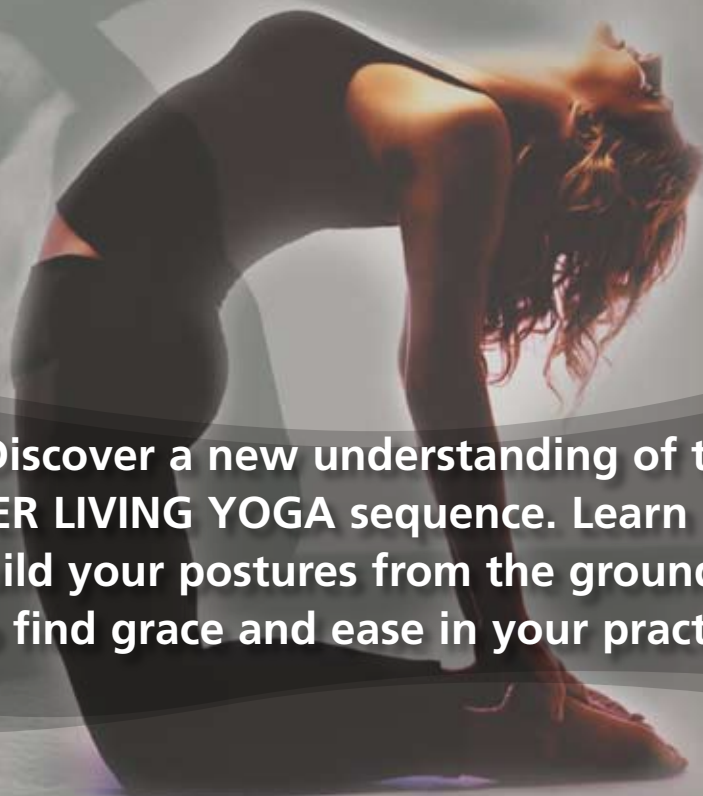




Foundations of Flow

Power Yoga Essentials Workshop



**Discover a new understanding of the
POWER LIVING YOGA sequence. Learn how to
build your postures from the ground up
to find grace and ease in your practice!**

This workshop will teach you the little points you don't get time to pick up in the classroom and give you the space and time to find them within your body. Learn how to access the ujjayi breath, abdominal locks and correct spinal alignment and see your practice soar to new heights.

This workshop is a must for anyone wanting to evolve their practice and a great way to introduce your friends and family to POWER LIVING YOGA.
Suitable for everyone of all levels.

Next Workshop