

SPRING FORWARD

How would it be to shed those old, worn-out layers and let your vitality flow?

You're invited to experience yourself in a WHOLE new way. Offer: Six weeks of yoga, mindful movement, somatic meditation, self-inquiry, and supportive group process. Let your light shine even brighter! It's time to show up to your body, your life, right NOW.

The Details

The OPEN SPACE, Hardwick

Tuesdays, 5:45-7:30pm

May 16th - June 20th

Cost: \$150*/six weeks, mats, props, and course materials provided

*Rally the troops! Sign up with a friend and you'll each receive \$30 off

PRE-REGISTRATION REQUIRED



Christyn King is an internationally certified yoga therapist and PRYT group facilitator. She is passionate about assisting others in their authentic process towards Wholeness through attuning to the innate wisdom within the body. More information and registration at www.enlivenyogavermont.weebly.com and (802) 563-2411