



## YOGA WORKSHOP

GOAL-SETTING MAY 27

2-4pm

\$25

PLACE: SUPER CHARGE  
1902 EAST WASHINGTON AVE

Don't compromise yourself.  
You are all you've got.

-Janis Joplin

The theme for the workshop is 'goal setting.'

We will work with Yoga, art and visualizations.

So often our life gets swallowed up by a string of activities and we don't feel the space to draw from our inner life, our dreams and our creativity.

This workshop is geared to taking a step into designing our life vision

.Through the transforming practice of Yoga we find the opening to our source of strength and love. We will develop tools to be kind and playful with ourselves.

We will work with grounding, meditation, gentle balancing poses, restorative yoga and mindful breathing.

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