



Deepening Your Yoga Practice and Bring Your Vision to Life

WHERE
Academy of Yoga
1048 Independent Ave Suite A207
Grand Junction, CO 81505

WHEN & TIME
Sunday, Apr. 7th & 14th
Deepening Your Yoga Practice
8:45AM - 11:15AM

Sunday, April 14th (ONLY)
Bring Your Vision to Life
4:30PM - 6:00PM

COSTS
Yoga Practice - \$35
Bring your Vision to Life - \$20

INQUIRIES
Phone: (970) 683-0166
Website: www.academyofyoga.com
E-mail: info@academyofyoga.com

LEVEL
All Levels Welcome



Please register early with payment to secure your place.

Deepening your Yoga Practice is a 2 1/2 hour intensive class where we will journey inward through a series of balancing postures. **Balance poses** improve balance, both in the body and in the mind. To balance is to improve coordination, increase strength and develop stability as well as strengthen different muscles and joints of the body. While practicing standing balance poses, you strengthen the legs and knee joints, while arm balances strengthen the wrists, arm and shoulder muscles.

These poses are helpful for relieving stress, reducing tension and fatigue, giving a therapeutic effect upon your nervous system. These poses also help to improve focus, concentration and memory.



Bring your Vision to Life discusses key elements that explain how to *manifest your dreams into reality*. We all have the gift of intuition, which gives us a sense of purpose in life and of understanding. You will be guided to “see through your third eye” and create a structure of support to make your goals truly happen.

We have the right to dream and imagine things that make your life even more enjoyable and to have them in your life. So dream big and know that your intuition is always guiding and supporting you along your life’s path.