



Sweet Surrender

with Kelley Doyle and guest musician Steve Gold

Friday, June 22 from 6:30pm - 8:30pm

Prana is breath~ life force energy, the divine current connecting us all...within each breath wave there is an opportunity to awaken to the sweet potency and nourishing sustenance of the in-breath, and the cleansing, healing surrender of the out-breath...

In this energetic, full-spectrum Prana Flow sadhana with Kelley Doyle and soul-full musician, Steve Gold, we will dive into an exploration of breath, body, and connection to our source of inspiration. Through heart felt song and movements of prana to expand this awareness, we offer each breath in celebration and love for personal, global, and soul evolution. Awaken the sweet flow of prana in body, spirit and life, with music and movement.

Our friends at prAna are graciously providing a free raffle item at this event!

All Levels Welcome

Photo: benmoon.com

\$30 Advance | \$35 Drop In

Space is Limited. RSVP preferred.

Sign-up at the studio or
online at www.binduyogastudio.com



Kelley Doyle has been living & teaching yoga in the eastern sierras for the past 15 years where she loves with her husband & 3 children in Bishop, California. Continuously inspired by her family, the beautiful mountains & the beach lifestyle she grew up in, her passion for moving meditation whether on rock, in water, or in mudra guides her in an undiluted, joyful expression of what yoga is to her...

Steve Gold is a down to earth, soulful singer. He creates powerfully positive music that heals and inspires, broadcasting vibrations straight from the heart, and weaving a sacred space for yoga, healing or simply being in the moment! Steve's personal practices of more than 25 years combines his passion for world music, chanting, singing, songwriting, yoga and metaphysics. For more information please visit: www.stevegoldmusic.com

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