



Prana Vinyasa Flow

Mondays 5:15-6:30 pm
Tuesdays 6:30-7:30 am
Wednesdays 7:00-8:00 pm
Thursdays 7:30-8:30 am

Please join me for a yoga class which focuses on *embodiment*: using the breath as a tool to bring awareness from your mind to your body. Releasing thought while activating the body through asana practice can simultaneously bring stability, inner strength and a deep sense of peace. Open to all levels.



with: Meredith Jabis

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