



Sama Vinyasa

~NOURISH & RESTORE~

with **Kelley Doyle**

~ Soma ~

is considered to be the 'nectar of the gods' as translated from the ancient language of sanskrit, also connected to the light of the moon and the nourishing aspect of the life force... Prana.

~ Vinyasa ~

is seamless transition offered with sacred awareness... an evolutionary flow of yoga.

In these special 2 hour...

Prana Vinyasa™ classes we will honor the lunar current that nourishes body, mind and spirit to restore & rejuvenate offering deeper and longer holds within the flow as well as meditation + pranayama~ come dive beneath the waves and drop into the nourishing nectar of peace inside and peace out~~~

DATES

Friday November 27 5:00- 7:00pm
Friday December 11 5:00-7:00pm
Friday January 22 5:00-7:00pm
Friday February 5:00-7:00pm

\$20
DROP-IN
or 1 class from
Sierra Shanti Yoga
punch card



Any questions? 760-937-3937
flyer design: www.nilsdavisdesign.com