

Living Your Yoga from the Inner Cave of the Heart:

Heart is Where the Home Is

A 4-week Workshop
Presented by Jill Duncan
at Yoga in Columbia

Thursdays May 8, 15, 22, & 29

6:30-8:15 PM

109 W Gundlach, Columbia IL 62236



Join us for this 4-week workshop focusing on exploring the sacred heart space to experience the sweetness of your life. Discover how to say YES to whatever you want in life. We'll dance, laugh, share and be in sacred community and connection while we practice:

- Positive Affirmations
- Mantras
- Mudras
- Dynamic Asanas
- Pranayama
- Meditation & Visualization

All students are welcome! Some experience of asana is beneficial but not required. Everyone will be supported on their journey and can go at their own pace. Please bring a journal, pen and an open heart and mind.

4-Week Workshop \$90
Drop-in for \$25 per session at the door
Register at yogaincolumbia.com

For help with registration, email yogaincolumbia@gmail.com
or call us at 618-281-8543.

For questions about the workshop, call Jill @ 314-640-7142.

 **Yoga in Columbia**
It's time for you to shine.