

Creating Awareness through Vinyasa Yoga

with Nancy Kate

Sunday Feb. 7th @ Thrive Yoga

1:30 - 4:00 pm

Cost \$30

for more info you can contact
Nancy Kate :

nancykate@yogaonmaui.com
or visit
www.thriveyogastudio.com

All Levels Welcome!!!

Pre-register as space is limited
and please no refunds.



Awareness begins in the physical body, the aspect of our being that is most accessible to us all. By cultivating a deeper understanding of our physical self through breathing and asana, we start to understand more about our minds as well. We will explore how using this awareness can help us to stay centered and present on the mat and off. Being fully aware of our selves will provide us with the foundation to move consciously through our vinyasa practice and our lives.

Nancy Kate has a calm, centered presence that shines in her ability to hold the space in a class for students to go inside and create personal transformation. Come join us and deepen your personal practice with this inspiring workshop.

