

Elemental Vinyasa

August 27 - 28, 2016



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Join Leisha Knight, former UAA Gymnast, Cirque du Soleil performer, and RYT 500 for an Elemental Vinyasa workshop at Spirit Path Yoga and Wellness in Anchorage, AK.

Explore the body as a microcosm to the greater macrocosm that is the Earth. Practices and discussion are based on the Elemental properties Earth, Fire, Water, Air, and Space. Connect to the natural flow of energy in nature and experience this flow in your practice. You will also explore ways to bring an energetic awareness to your daily life to maximize your energetic potential.

- ▶ Bring your mat, water, a notebook, and a lunch
- ▶ Outdoor Excursion on Sunday
- ▶ Wear good shoes on Sunday, may need sunglasses and sunscreen or rain gear dependent on weather.

When: August 27 - 28, 2016

Where: Spirit Path Yoga and Wellness
4007 Old Seward Hwy #100,
Anchorage, AK 99503

Time: 9AM - 4 PM

Cost: \$108

www.yogatrekkinginternational.com