

SATURDAY, AUGUST 30 – SUNDAY, AUGUST 31



# TURNING INSIDE OUT

WITH KENNY GRAHAM, CERTIFIED ANUSARA INSTRUCTOR

*"The practice of yoga asks us to take time to go inside, listen and explore our hearts and minds to then make an offering of what we find through our inner exploration to the World as our creativity"*

## INNER FIRE OUTER FLOW

A Full Spectrum Class

SATURDAY, AUGUST 30 | 1- 4:30PM

Featuring: Awakening the Divine  
Kirtan with Corrine | 6 - 8pm

During this class we will access the inner spark of yoga to ignite the fires of our hearts fueling our asana practice from inside out. This is a full spectrum class moving from heating standing poses, to heart opening backbends, and finally cooling the body and calming the mind with the inner gaze of forward bends and supine poses finishing with meditation and a deep svasana guided by live music with Corrine. Corrine will invite us into the experience of bliss by leading us in kirtan as we awaken from svasana. After a dinner break we will return for a kirtan experience with Corrine that will "Awaken the Divine" within us.

## WHAT MAKES YOU MOVE?

Arm Balances & Backbends

SUNDAY, AUGUST 31 | 1- 4PM

What moves you? What is it that makes your heart soar and sets your mind free? In this class we will move to the call of our own inner voice and the rhythm of outer beats. Through out this practice we will take moments to turn in while spending other moments rockin out. This class will consist of arm balances and deeper backbends as well as contemplation and a real nice svasana.



Kenny Graham is a fully Certified Anusara Yoga teacher whose love of yoga began at a young age. His passion is to assist students in discover-

ing their unlimited potential and to unveil their own treasures along the shores of consciousness. Kenny's broad knowledge of Anusara Yoga is taught in a way that brings students deeper into their own hearts with self acceptance, compassion and love. [www.kgyoga.com](http://www.kgyoga.com)



Awakening the Divine | Kirtan with Corrine

SATURDAY 6-8PM

[www.blissed.com](http://www.blissed.com)

- Suggested \$10 donation
- Included for Saturday session students

SATURDAY SESSION \$55 | SUNDAY SESSION \$45 | WEEKEND SERIES \$90

# BODACIOUS



# LIVING

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