

Master Yoga Class

with Stephanie Keach



Atlanta Yoga Club • Active Sol Yoga • October 2

Spend some time relaxing your mind and restoring your body's energies with Stephanie Keach and a Vinyasa Flow Yoga class. We will explore meditation, pranayama, gentle vinyasa, vigorous vinyasa and core strengthening in a fluid and playful manner. Stephanie pulls from many traditions, including Ashtanga (series 1, 2, & 3), Anusara, and Zen Buddhism to excite and invite openings on all levels. **All Levels Welcome.** Although some poses will be challenging physically, yoga is really about equanimity of the mind, regardless of our physicality. 5:00 - 7:30pm \$25 pre-paid and \$30 walk-in.

Location : Active Sol Yoga • 200 Bennett Street NW, Suite A, Atlanta, GA 30309

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Registration : To prepay, visit Atlanta Yoga Club at www.yogaclub.us/workshops.htm