



MOVE YOUR ASANA with KAREN KENNEY

This class is appropriate for experienced students that want to get their asana in gear and have some fun! I've always believed that it's possible to connect to spirit, open your heart and quiet your mind – all while your body is in motion. We'll maintain the compassion and mindfulness of Kripalu Yoga while also exploring dynamic rhythm, vinyasa flow and the power of the breath. Come experience the joy and magic of trying new postures, going upside down and allowing yourself to play! In this class - sweat, serenity and spirit become one.

DATE: Saturday, September 11

TIME: 1:00 – 3:00pm

COST: \$20

- **Payment due with Registration**
- **Space is limited – please register early to reserve your spot!**

Name: _____

E-mail: _____

Phone: _____

Please return form and payment made payable to: **KAREN KENNEY**

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