

# FULL MOON CIRCLE & YOGA PRACTICE

With Megan Stytz, RYT 200



Join us during September's Harvest Moon to harness lunar power in reaping the benefits of the intentions we have sown, and to release whatever may be holding us back. While in full bloom, the light and power of the moon will illuminate the path within, allowing us to observe, evaluate and take action. The perfect blend of essential oils, breath work, movement AND stillness will aid you in discovering sweet release. Leave this magical event lighter, brighter and at ease.

\*Both active and restorative asana will be practiced.

\$25 Investment

*Saturday ~ September 14<sup>th</sup>, 2019*  
*6:00pm - 8:00pm*

*Megan aims to create a safe and comfortable space for students to escape from the stress of daily life and to reconnect with body, mind and spirit. After many years of casual practice, her yogic journey truly began with a desire to bring yoga into the lives of her art students. Helping to build a successful community yoga program for her students and their families allowed her to witness the positive effects of yoga practice on and off the mat. Megan firmly believes that anyone can and should practice yoga! In her classes you will experience a mixture of breath work, physical postures and meditation. Megan's teaching style is a blend of ashtanga-inspired vinyasa yoga and alignment-inspired hatha yoga. Emphasis is placed on honoring and exploring your own personal practice, taking only what you need and discovering things you didn't even know you needed. Expect to leave class feeling calm, relaxed and focused. Megan is 200 hour certified through Moksha Yoga Center. She has received additional training in Yoga to Transform Trauma and Thai massage. Besides teaching yoga, Megan is also a National Board Certified Art educator.*



Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404  
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto [www.sacredpathyoga.com](http://www.sacredpathyoga.com) & click "Enrollments" tab.

For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).

Please note all workshops are nonrefundable and nontransferable.