

NEW MOON WORKSHOP

At this New Moon, plant a seed for the Universe to tend.
Set your vision upon the stars.

With Megan Stytz, RYT 200



Working with the cycles of the moon, the New Moon is a time to set new intentions and goals, to begin to make your dreams come true. Join us for an evening of looking within, *feeling* new intentions as we lay the groundwork for manifesting desires. This special class will include essential oils, guided meditation, journaling, and gentle moon salutations followed by a restorative rest. Please bring something to record your new moon intentions in, i.e. journal.

\$25 Investment

Saturday ~ February 2nd, 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 & click "Enrollments" tab.

For more information, email info@sacredpathyoga.com.

Please note all workshops are nonrefundable and nontransferable.