

# The Journey Begins

## Fundamentals of Movement and Flow

A workshop that will highlight the fundamentals of a vinyasa flow practice.

Don't know anything about yoga?

Looking to refine your existing practice?

Recovering from an injury?



Perfect for beginners, relevant for all.....

In this workshop you will learn the foundation of alignment, integration, and breathing so you can begin practicing yoga safely and effectively. You will gain the knowledge and skill needed to build a strong foundational practice where you can begin to progressively increase your strength and flexibility.....The only "requirement" is that you show up, do your best, and let your best be good enough. \$40 Investment

*Sunday, February 10, 2019 ~ 12:30pm - 3:00pm*

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.