

Workshop with Reflections Yoga teacher **Lola Rephann**

Self-Healing Through Breathwork & Asana



Thursday August 25th at 6:30pm

Using Ujjayi breathing, long-held poses, emotional body scanning, and other principles influenced by Forrest Yoga, this workshop will awaken your ability to heal yourself. Healing is a potential we all have, but rarely use, largely because we're unaware of how to do it. Experience deep cellular release as you literally cleanse your body tissue of stored emotional and physical junk. Learn basic concepts that you can use in any yoga practice to help you heal a physical or emotional area that needs your attention. Workshop includes breathwork (pranayama), meditation, core conditioning, asana, and visualization.

Join Reflections Yoga teacher **Lola Rephann** for a transformative two-hour session! For more information, visit www.dakinisbliss.com or ask at the front desk.