



Yoga workshop with International Yoga Master Teacher Michael Stewart from Mexico.



SATURDAY July 13th
2:30 pm – 5:30 pm
ALL LEVELS WELCOME!

Shanta Vira Yoga comes to Shakti this July– presented by Boris Prana! Michael is the founder/creator of Shanta Vira Yoga, a practice steeped in the ancient wisdom of Hatha Yoga and Sri Vidya Tantra. In his three hour master class, Michael will skillfully guide us through the three phases of Shanta Vira Yoga:

- 1) Bio-Mechanics of Asana;
- 2) Opening the Gates of Revelation; and
- 3) Setting Intention.

Fees: \$110 for pre-registration by July 12th – Drop in day of: \$150
Space is limited to the first 30 participants.

Registration Form: Michael Stewart Workshop, SATURDAY July 13th 2019
Arrive by 2:15pm

Name: _____ Email/ Phone (required): _____

Check or cash amount enclosed _____ for _____ number of spaces.

Cash, checks & PayPal (payable to FRIENDS & FAMILY): _____