



YOGIS & YOGINIS

CREATIVE INSIGHT

w/ SHENAAZ JETHA

Saturday, June 10

4 to 6:15 PM

Cost: \$46



For the month of June, we'll be creating Vision Boards, we near the half way mark of our year. Whether you joined us for Intention setting at the beginning of the year, or set Intentions monthly, or have never set Intentions, this class is for everyone! And the near midpoint of our year, is a perfect opportunity to bring clarity to what you want to manifest for the rest of 2023 and beyond.

All supplies are included, please bring any magazines or images that call to you, specifically. Space is limited for this workshop and you must register by Friday, June 9th!

What this class is:

- An opportunity to be in the present moment and check in with your body, mind and heart.
- A restorative yin practice for your body, creating space with slow, mindful movements that allow for release and connection.
- A creative practice for your inner child, one where it's about process, not end results.
- A journal practice to connect internally, for deeper understanding.

What this class includes:

- A breathwork practice to help with grounding and centering
- A presentation based on the monthly topic that encourages insight and understanding
- Time for journaling or writing that inspires you to delve deeper, and bring insight to your creative practice.
- A meditative movement of restorative yin poses for releasing into the moment.
- A fun, creative project inspired by the presentation and your journaling, encouraging your inner artist to let go and be in the moment.
- All art supplies.