



# YOGIS & YOGINIS

Bi-Monthly Class

## Bi-Monthly Intentions

Tuesday, May 7

7:30 PM to 9:00 PM

Cost: 35 in-Studio - \$ 20 Online

Whether you've set your Intentions at the New Year, are waiting for Spring, have dabbled here or there, or never bothered, this class is for you.

**Welcome to Bi-Monthly Intentions.** A place for you to come together in person or online, ground, breath, move and return to center. Then, begin again, refresh the page and focus on what you want to bring your attention, and intentions to each month, each week: that project you want to complete, the dream that lingers in your mind.

- **What this class offers:**
  - Space and time to be present
  - Guided breath and movement practices
  - Helpful prompts to delve deeper
  - Engaging monthly presentations
  - Tools on how to create structure to support the intentions
  - Community
- **What you'll receive from this class:**
  - Insight
  - Focus
  - Clarity
  - Support
  - Embodied Intentions for the month ahead

You're welcome to come bi-monthly, seasonally, or drop in whenever you need to bring more Intention to an area of your life.

Answer the call for what your heart wants to embody, into reality.

We'll take gentle movement- restorative, yin, flow, shaking-whatever is needed each month!

*Please bring a journal and something to write with.*

### About the Teacher:

**SHENAAZ JETHA**

For Shenaaz, what began as an elective at UCLA in 1997, morphed into a career path. She never imagined that she would teach yoga, but as her practice has evolved, so too has she, to find her voice, her path and a practice that means so much to her. Through her various trainings, Shenaaz has found a way to help others connect to their bodies, finding grounding in the chaos of life and healing, through deep stretch and release. She's grateful to all the teachers who have shaped her path, and the students who share it.