



YOGIS & YOGINIS

Aligned Intentions

Sunday, November 3

6:30 PM to 8:00 PM

Cost: 35 in-Studio - \$ 30 Online

Welcome to Aligned Intentions. A place to come together in person or online, to ground, breath, move and return to center. And then, begin again - refresh the page and focus on what, and how you want to bring your attention and alignment to each month, each week, each season: that project you want to complete, the dream that lingers in your mind, that change your mind, body or spirit have been yearning to make.

- **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 and alignment
- Community

- **What you'll receive from this class:**

- Insight
- Focus
- Clarity
- Support
- Embodied Intentions to move forward with

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

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

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.