

Nataraja Yoga Flow with PadmaShakti (Tracie)



Wednesday,
March 19, 2008
7-9 pm

In place of regular
evening classes

Celebrate the Spring Equinox, a time of new beginnings.
Generate creative power toward new growth.

Nataraja Yoga Flow is a powerful combination of Asana, Vinyasa, Pratyahara, Pranayama, Meditation and an eclectic flow of dance with dynamic musical forms from around the globe.

The merging of Yoga and dance take us back into our bodies. Yoga merges breath with the body and dance awakens our creativity and intuition. The blending of yoga and dance offers an energized, transformative and meditative workout.



Spring has returned.
The Earth is like a child that knows poems.
~ Rainer Maria Rilke



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