

Positive Shifts: Mudra & Meditation Workshop



with Charlene Wells
Saturday, May 16, 2015 1-3pm
Pacific Grove Studio

Join us for two hours of gentle yoga, meditation, and the use of mudras. Learn different hand positions (mudras) to positively shift your life. Calm your body and mind with the movement of your body and breath. Find clarity and relaxation with guided meditation.

In this workshop you will learn between 5 and 10 mudras and enjoy 2 different aromatherapy essential oil blends.

\$30 early registration or \$35 at the door



Charlene fuses research and yoga to give herself and students the best yoga experience she can. She holds a Bachelor's degree from the University of Nebraska, majoring in Library Science. Her library background helps her to dive deep into topics that she brings to the mat and class session such as Ayurveda, different aspects of yoga, and the true philosophy of yoga: love. The power of nature and yoga have had a large influence in her life. She brings all 8 limbs of yoga to her practice, allowing the alchemy of yoga to happen. She studied and received her 200hr teaching certification at Seaside Yoga Sanctuary, voted the best yoga studio in Monterey County the last five years. Her classes will invite you to explore your inner self with a creative and dynamic class.



Seasideyogasanctuary.com

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