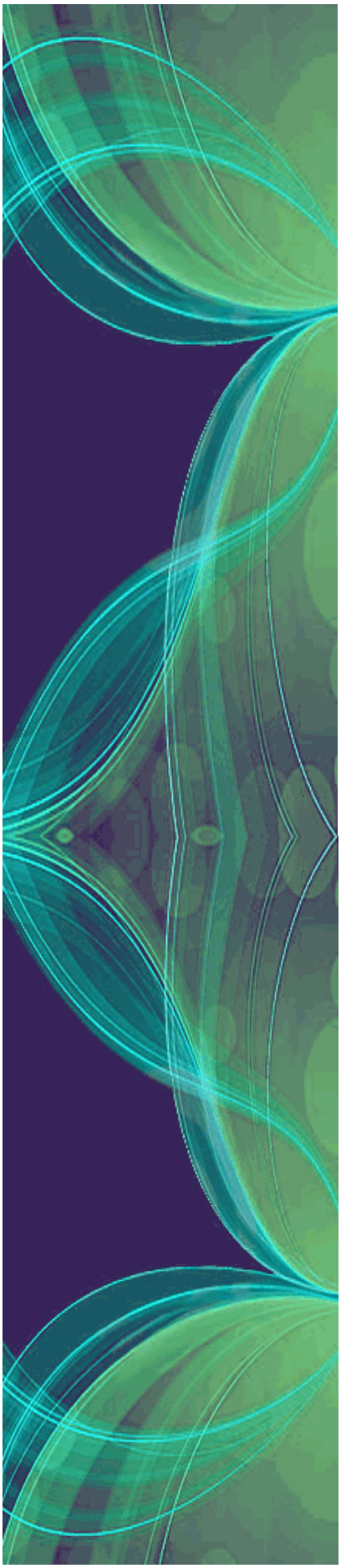

Bring body, mind, and heart
into exquisite balance through creative…

Sacred MOVEMENT

AN ***ENERGY IN ESSENCE*** LIFESTYLE PRACTICE

SACRED MOVEMENT is a practice of balance, awareness and self-honoring based on ancient and beautiful techniques found within the 5,000 year-old healing system of medicine known as Ayurveda, along with powerful practices from global traditions that incorporate and free your inner muse and powerful senses.

Each SACRED MOVEMENT workshop experience is unique. We will flow into our individual energetic currents that:

- Re-awaken and balance your essence and vibrations.
- Rejuvenate you at the deepest cellular and sacred levels.
- Release emotional turbulence through sensing & dance.
- Re-wire access to your innate power.
- Reclaim your mystic dancer!

Through techniques of yoga, meditation, martial arts, and mystic dance, Laura Brink McKenna will be our guide into the world of YOU (Yielding…Opening…Unveiling). Yes, your inner sanctum of self-love and expression. Come prepare for your week with this beautiful balancing practice! And have some fun, too!

Includes a **Complimentary 30-minute Call** after the workshop for additional support with life / energy balance or natural health restoration.

March 7th and April 18th

3:00 – 4:30pm

Bring your heart, comfy/dance clothes, your favorite scarf, and any tension you wish to release!

Seaside Yoga Sanctuary

300 Grand Avenue & Laurel, Pacific Grove
Cost: $25 Call 831-899-YOGA (9642)
or visit seasideyogasanctuary.com
For registration and more information.