

yoga source event ~ fall 2017



workshop

date	sunday 10/29/17
time	1-4 pm
price	\$30 by 10/19 \$40 after 10/19

free to be:
open to your emotions

what is holding you back?

when we resist people, events and circumstances in our lives, we suffer. but ultimately, we resist these things in life because of how they make us feel... so fundamentally, we are resisting our emotions. the tools of kundalini yoga and meditation can help you tune into the raw, pure energy within your feelings and use that energy to stay connected to your center.

in this workshop, you will practice practical techniques to release the energy of past emotions and awaken to experience the fullness of life in the present, leaving you free to be your authentic, true self! *all levels and traditions welcome*

with holly henty

holly is certified e-ryt 200 in both hatha yoga and in kundalini yoga and meditation with more than 16 years of teaching experience. she enjoys supporting students on their own paths of awakening to the joy, peace and fulfillment within.



yoga source

inspiration for transformation

3122 w cary st ste 220 richmond va 23221

to register:

804-359-9642

www.yogarichmond.com