



stephani lindsey

what you think is what you get

january 27-29
The Yoga Experience

Manifest a Life of Your Choosing

Through mindful awareness and skillful technique learn that you can manifest a life of your choosing. Using yoga asana and pranayama, empower your perception, sharpen your attention, and expand your intention. Practicing yoga brings our attention more fully into the moment, into our bodies and minds as they are. From this present place we have power to choose how to hold ourselves in the moment. This practice transcends the sticky mat and applies to our day-to-day lives where we are able to choose how to be in each moment, each situation, each day of our lives.

Anusara-Inspired **Stephani Lindsey** is a soon-to-be Certified Anusara Teacher. She teaches at Yoga Oasis in Tucson, Arizona. She's happy to be back in her mountain home, where she began practicing 10 years ago. Stephani's ferociously fun teaching style guides practitioners into doing what they didn't believe they could and helps people to feel warmly supported yet challenged.

Friday

4-6 pm: Intermediate/Advanced Led
6:30-8:30 pm: All Levels

Saturday

9:30-12 noon: All Levels
2-5 pm: All Levels

Sunday

2-5 pm: Intermediate/Advanced Led

sign up options

Send a check to "The Yoga Experience" at:
17 N. San Francisco St., Suite 3C, Flagstaff, AZ 86001

Email info@theyogaexperience.com and bring payment to class

Call 928 774 9010 with your credit card information

prices

\$15 one class

\$27 two classes

\$35 three classes

\$45 all classes

my-openheart.com
hello@my-openheart.com
928 310 2772

