



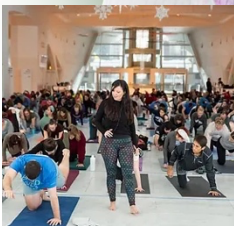
“Stoke the Light Within” Yoga Workshop with Sarah Brenes



Join us April 8th from 1:30-3:30pm
as we spark the lustre in our hearts with backbends and twists.

Throughout the practice we will incorporate loving, self-care techniques that will support your advancement, open your heart, and remind you of your kindness and compassion.

Some yoga experience required, however practice will challenge beginners and advanced practitioners using modifications and skillful sequencing.



Instructor Sarah Brenes has been teaching yoga since 2006 and practicing for over 30 years. She also leads YogAdventure retreats in Costa Rica and other places of natural beauty and wonder. Her stories, experience, and expressive insight will inspire and remind us of our hearts' qualities. For more about Sarah, visit www.ecoyogadventures.com

Location:



10327 N. Main St. Richmond, IL www.nurtureyoga.com