

GODDESS FLOW YOGA

with

Julie Carpenter

10090 Highway 9 • Ben Lomond, CA • 95005

Monday 5:45 - 7:00 pm

Wednesday 9:00 - 10:30 am



\$120 for a package of 10 classes
\$15 per class if purchased on a
drop in basis

Contact Julie for more info:

831-818-3129

jrose61@hotmail.com

www.awakenthetruth.com

These will be Vinyasa Flow style classes with emphasis on alignment and breathing. The attention to alignment sets students up for pain free living and injury free yoga. Deep breathing is emphasized to move energy within our bodies.

Wisdom Flow Yoga blends the feminine flow of spinal waves and graceful transitions with the masculine wisdom of optimal joint alignment and core strength. The awareness within the movement honors the science of how the body works while allowing the wild freedom spirit moving through it.

In June of 2012, Julie completed the Wisdom Flow Yoga Teacher Training on Maui with Jennifer Lynn. She has been teaching people and horses how to communicate as willing partners for over 20 years. In the last ten years, she has incorporated the alignment and healing of yoga in the training she does with her clients and it continues to deepen the relationship with themselves and their horses.

(Passes are good for any regular yoga class offered by Julie)

For New location information: Ease Mountain Yoga Co-op 10090 Highway 9 • Ben Lomond, CA • 95005

Website: www.easemountainyoga.com