

Fine Spirit Studio

FALL OPEN HOUSE

Free 30-Minute Classes all day!

Saturday, September 15th 2018 - 9:30AM-8:30PM

Come experience "Life Through the Language of Yoga and Dance" as you meet teachers from a variety of movement and yoga traditions.

9:30-10:00: MEDITATION IN MOTION: KRIPALU YOGA with Lewis Freedman

10:15-10:45: MORNING KRIPALU VINYASA YOGA with Kate Chesebrough

11:00-11:30: LET YOUR YOGA DANCE with Bea Nellenback

11:45-12:15: INTRODUCTION TO PHOENIX RISING YOGA with Tiffany Fleming

12:30-1:00: SOUL DANCE with Doug Shire

1:15-1:45: KRIPALU YOGA with Diane Fine

2:00-2:30: PRENATAL YOGA with Diane Fine

2:45-3:15: LITTLE BUDDHAS FAMILY YOGA with Diane Hamilton

3:45-4:15: BALLET FLOW with Joyce Campbell

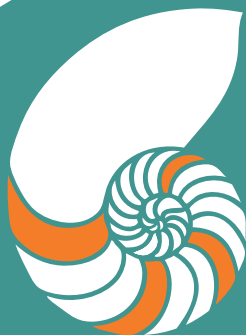
4:30-5:00: THE ART OF RELAXATION with Ilana Berman

5:15-5:45: REIKI YOGA with Elizabeth Seldin

7:00-8:30: KIRTAN with Lewis Freedman & Friends

Enjoy a free evening Kirtan with Lewis Freedman & Friends. Kirtan is the singing over and over of the many names of the gods and goddesses. Through this practice we remember, we ignite, we relax into who we truly are. It's simple, there are no rules, we join in as we wish; singing, drumming, clapping, being still are all ways to participate. Join us; bring your voice, a drum, a flute, and an open heart.

Join us for a day of free mini-classes, community, and fun!



Fine
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Life through the language of yoga & dance

201 Dey Street

In the heart of Fall Creek

For More info contact

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or call 607-342-2332