

SEA of CHI

MARCH 20-21

SAT 10:00a-12:30p

SAT 1:30p-4:00p

SUN 10:00a-12:30p

SUN 1:30p-4:00p

SAVANNAH YOGA

WWW.SAVANNAHYOGA.COM

KELLEY@SAVANNAHYOGA.COM

912-232-2994

\$150 Before 3/1

\$160 After 3/1

\$40 per Session

ALL LEVELS

E N E R G Y M E R I D I A N S & Y O G A

Chi in motion, body flows

There's a lot of energy in the belly. It's the centre, the middle, the base from where we move in, out and around. Chinese wisdom believes the belly is the "Sea of Chi"; an extraordinary spot to access energy. Taoist believe it cultivates strength and vitality, and is the seed of immortality.

To nurture and sustain harmony, you need to balance the energetic and physical body. In and out. front and back, empty and full, Yin and Yang. Ebb and flow...

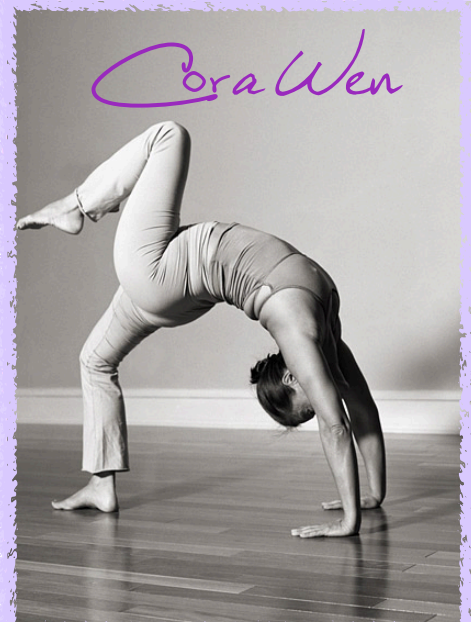
Move mindfully and skillfully to stimulate physical, emotional, and spiritual vitality. Find balance and support in the belly, and move with ease and grace from an awakened spine.



Explore your belly and uncover an unsinkable, unshakeable life force. Learn to trust your own intuition.

Cora uses breath, movement and relaxation to encourage, exhilarate, and enliven the spirit! You will discover a

Sea of Chi



Cora Wen has taught Yoga since 1994 and apprenticed with America's most influential Yoga teachers. She blends safe Iyengar alignment into a playful, active and flowing style.

ERYT500 Yoga Alliance
CYT Intl Assoc of Yoga Therapists

www.corawen.com