

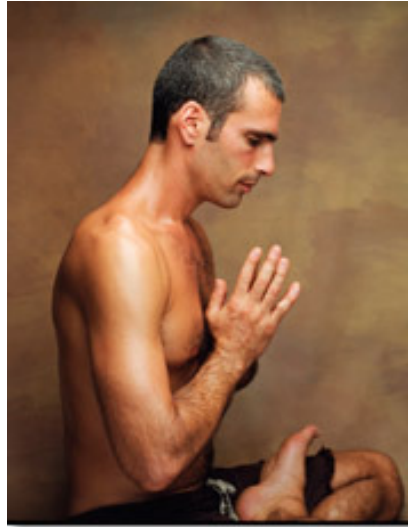


# WORKSHOP

# **BRYAN KEST**

## **Master Power Yoga Class**

### **All Levels**



**April 20, Tuesday**  
**6:00pm - 9:00pm**

**\$60 advanced \$65 after April 10th**  
**Register at [www.savannahyoga.com](http://www.savannahyoga.com)**

### **Power Yoga Master Class**

Bryan Kest's Power Yoga Master Class is a well rounded flowing asana practice integrating mental practices that enhance everyday living. The class is intended to invigorate your body and help you practice developing a calm less reactive state of mind with dynamic flowing routines. In a Power Yoga workshop, you are encouraged to focus on the process and not the end result. This allows **All levels** of yoga practitioners to enjoy and benefit from the workshop.

**Savannah Yoga Center 1321 Bull Street 912-232-2994**

**[www.savannahyoga.com](http://www.savannahyoga.com)**