

DIVE INTO THE FLOW

Surf the ocean of your breath into pure aliveness



Simple techniques to transform your vinyasa practice!

White Rock: Saturday, Oct 15th

3:30pm-5:30pm

Yaletown: Sunday, Oct 16th

1:30pm-3:30pm \$25

Ever wonder how to align your arms smoothly and safely into upward dog?

Learn the secret "toe" movement!

In this playshop we will explore the pulse of life that moves us. Combining conscious breathing with embodied awareness, you will learn to refine vinyasa transitions. Through the power of "ujjayi" breath and the natural fluidity of the body, experience the possibility of seamless grace.

Sunni's teaching style and techniques are influenced by master teachers Shiva Rea, Yogi Vishvketu and Cindy Lee.