

Lunar Flows

Prana Vinyasa Classes



This class will invite you to move with the lunar tides of your own fluid body. Receptive flows, wave motion, hip openings and guided resting meditations will be experienced in each session. Prana moves when we are receptive, open and breathing with our own natural rhythms ~ enjoy the movement of la luna within....

Mondays 7:30-9:15pm
August 9-30th, 2010

\$15 per class
\$55 for all 4 classes
Awake and Aware ~ Living Yoga
www.awakeandaware.net

Register with Melissa Spamer Directly:

Name:

Email:

Phone:

Amount Paid: _____ 4 Classes _____ Individual Classes

Mail to: Melissa Spamer, 13108 Neon Ave. NE, Albuquerque, NM 87112