



**pranaYOGA**  
INSTITUTE OF YOGA AND HOLISTIC HEALTH  
One Breath. One Community. Every Body.

# November EVENTS

**NOV  
4**

## Thai For 2: Full Body Focus w/Jenny Young

Sun, 2-5pm. In this three hour workshop you and a partner will learn Thai basics designed to sooth stress and nurture the body. Not required to register with a partner.

**NOV  
5**

## Rasa Yoga Class w/Vani and Live Music by Girish

Mon, 7-8:30pm. We will juice the hips while opening our hearts to experience the radiance of our souls through the vinyasa practice and live music experience.

*Sign up soon...this will fill up!*

**TUESDAYS  
BEGINNING  
NOV 6**

## The Yoga of Healing Grief w/Jenny Young

Tues, 7-8:30pm. 5 Week Series at Pranayoga North Location (Oaktree Guidance & Wellness Center, 9910 Dupont Circle Drive, Suite 140).

**TUESDAYS  
BEGINNING  
NOV  
13**

## Yoga Therapy for Anxiety w/Linda Krebs

Tues, 7-8:15pm. 6 Week Series at Pranayoga North Location (Oaktree Guidance & Wellness Center, 9910 Dupont Circle Drive, Suite 140). Join Yoga Therapist, Linda Krebs, in learning the tools of managing worry and anxiety.

**NOV  
16-18**

## Advancing Asana Sattva Vinyasa™ Sequencing Workshop w/Vani

Fri, 6:30-9pm, Sat & Sun 9:15am-5:15pm. Transform your Flow! Yoga teachers receive 18 Continuing Education Credits through Yoga Alliance and a certificate of completion for attending this workshop.

**NOV  
22**

## Gratitude Flow w/ Jenny Young

Thur, 9-10:30am. Start your day by uniting your gratitude with the Pranayoga community in an all levels practice designed to ground and flow to open the hips and heart.

**NOV  
23**

## Burn off the Turkey All Levels Class w/ Chelsea Vona

Fri, 10-11:15am. Day after Thanksgiving yoga. All levels welcome!