



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

DECEMBER EVENTS

**DEC
1**

Level I Teacher Training

Begins Saturday, December 1. Join us for this 8 month study into the depth of yoga wisdom.

**DEC
1-2**

Yoga Defined: The 8 Limbs and Beyond w/Julia

Sat & Sun, 9:15am-5:15pm. Learn the lineage and roots of what makes up the 8 limbs of yoga.

**DEC
2**

Yoga and Meditation 101 w/Vani

4 Week Series. Sundays, 6-7:15pm. Learn the essential poses to prepare the body and mind to meditate, and meditation techniques that will quiet the mind and emotions.

**DEC
15-16**

Ayurveda for a Balanced Life w/Vani

Sat & Sun, 9:15am-5:15pm. Ayurveda is the wisdom of life. In sattva vinyasa it is the balance in our daily lives that works in harmony with our relationships to our dharma and others through self study and cultivating daily routines.

**DEC
21**

A Night of Lights. A Year of Hope.

Fri, 11am-7pm. Join us on the darkest night of the year to help light the path for any who suffer with cancer and other chronic dis-eases.

**DEC
24**

Christmas Eve Community Class w/Jenny

Mon, 10-11:15am. Take a holiday break with some Vinyasa Yoga. Enjoy a flow appropriate for all levels. Just come as you are.

**DEC
31**

New Years Eve Candlelit YIN/VIN w/Haley

Mon, 2-3:30pm. Join Sattva Vinyasa teacher Haley Sonnigsen for a warm, seasonal yin/vin practice that is gently heated to relax the body, and clear the mind as we prepare for the new year.

**JAN
1**

New Years Day Practice and Sankalpa Meditation

Tue, 2-3:30pm. Welcome in the New Year with Vani for a 75-minute, all-levels practice followed by Sankalpa meditation.