

April **EVENTS**

Ready, Set, Join Us...

30 DAY MOVEMENT AS MEDICINE – SPRING YOGA RESET!

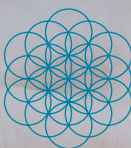
Begins April 1



200 Hour Online Teacher Training Information and Orientation



Join us **Monday, April 20 at 5:30pm** for a 200HR teacher training information and orientation session live from your home. Free to participate, you will receive your Zoom call ID once you are registered.



pranaYOGA
INSTITUTE OF YOGA AND HOLISTIC HEALTH

The Yoga Your Doctor Recommends.

**1027 W Rudisill Blvd, Building H, Suite 220
Fort Wayne, Indiana**

**More Information & Register Online
pranayogaschool.com | 260 627-YOGA (9642)**

Additional April Events on back →

APRIL EVENTS



Bandha: The Yoga Core

Join Founder and Sattva Vinyasa creator, Vani and awaken your core with this Advancing Asana Series.

Tuesdays, April 7-28, 7-8:30pm | Tuition: \$79 for 4 Week Series or FREE with Premium Membership. *Pre-registration required.*



Yoga 101

Our popular beginner workshop in a convenient four week format. Yoga 101 = 4 weeks of fun!

Thursdays, April 9-30, 5:30-6:45pm | Tuition: \$79 for 4 Week Series or FREE with Premium Membership. *Pre-registration required, this event will sell out!*



Whole Body Sound Bath Event with Chakra Singing Bowls

This 90 minute sound session invites you to relax in a sound bath created through healing quartz crystal singing bowls attuned to the frequency of each major energy center.

Friday, April 17, 7:15-8:45pm | Tuition: \$27 or FREE with Premium Membership. *Pre-registration required.*



Aerial Restore Series

Using the silks as a restorative prop will allow you to be in a rocking womb to release habitual tension and give a new twist to an ancient practice of relaxation.

Sundays, April 19-May 10, 7-8:15pm | Tuition: \$79 for 4 Week Series or FREE with Premium Membership. *Register soon, this will fill up!*



Yoga Therapy for Breast Cancer Recovery Training w/ Stella Snyder

Join us in learning the yoga therapy practices that help breast cancer survivors move to survivors after recovering from breast cancer.

Friday-Sunday, April 24-26, 9:15-5:15pm | Receive 22.5 CEUs for Yoga Alliance and credit for Sattva Yoga Therapy Diploma Program. Tuition: \$450 for 3 Day Advance Training. *\$50 discount if registered by March 31.*

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