

# Agni Vinyasa: The Fire Series with Jessie Meyer-Eisendrath

**Sundays Oct. 4, Nov. 8, Dec 6. 1:30 - 4:00 pm. \$65**

Often in yoga we take small steps. But if we only and always do that, we keep our practice and our life small and hemmed in.

### **Once in a while, you just have to go for it!**

This three part yoga series is about intelligently and skillfully going for the peak experience. Fire Yoga is an invitation to tap into strength and power beyond your knowing. In the "Agni Vinyasa" style, we move with the creative fire of change and harness the energy of transformation.

In order to turn on the prana, Jessie will lead extended, focused breath work, (Kapalabhati, and Bhastrika,) channeling the arising energy using the bandhas, (Uddiyana and Mula Bandha.) With rhythmic pulses and fun uptempo music, the highlight of each "Fire Day" will be a strong posture flow connected in imaginative ways. This practice is intended for intermediate vinyasa students looking for a deep, purifying challenge and is not appropriate for beginners.

**Please bring a towel, notepad and a pen.**

Each part can be taken independently, or all three as a series. Please register ahead of time.

**Sign up by Oct. 1: \$65**

**Drop in: \$35**

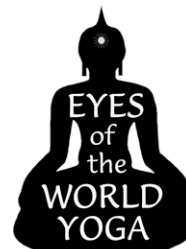
Pre-registered for one workshop: \$30

Pre-registered for two workshops: \$55

Pre-registered for three workshops: **\$65**

**~ Go for it! Do all three!~**

You are "Pre-registered" if we receive your check at the studio three days before one of the Fire Days, namely on or before Oct. 1, Nov. 5 and Dec. 3. **Cancellations receive prorated credit toward yoga classes at the studio. Wow.** You receive the deep discount when you commit by Oct. 1 and take all three.



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