

Tibetan Heart Yoga

with **BRIAN GRANADER**

SERIES 1

Saturday Sept. 15

2:30-4:30

Sign up online @

[https://
projectom.manduka.com/
Redlotusyoga](https://projectom.manduka.com/Redlotusyoga)

Cost: Donation

Be Part of Something Epic Sign up for Project:OM

A donation class to help battle breast cancer in partnership with the **Susan G Koman** Foundation and **Manduka's Project:OM**. 100% of the donations will go to helping end breast cancer forever

Tibetan Heart Yoga is the yoga of the inner body. In this system, preserved by Tibetans for thousands of years, outer methods of asana and pranayama are complimented by a virtuous mental focus. The result is a yoga practice that is more **powerful in transforming your heart and your entire world.** Tibetan Heart Yoga emphasizes the meditative and spiritual aspects of yoga as being of equal importance as the postures. There are 10 series of Tibetan Heart Yoga. Each has an increased level of asana practice and emphasizes a particular focus for the mind and heart. **Series 1 works to develop compassion.**



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 **RED LOTUS
YOGA**
WWW.REDLOTUSYOGA.COM