

Discover Yourself Through Yoga

A four week course with Brian Granader

March 8, 15, 22, 29
Red Lotus Yoga
Rochester

\$225

ANCIENT YOGIC WISDOM FOR MODERN TIMES IN CREATING CHANGE

March 8

Short Form Ashtanga from 7-8 followed by discussion from 8:15-9:15 Focusing on Meditation.

March 15

Short Form Ashtanga 7-8 followed by discussion from 8:15-9:15. Focusing on creating new habits.

March 22

Short Form Ashtanga 7-8 followed by discussion from 8:15-9:15. Focusing on Yoga Sutra.

March 29

Short Form Ashtanga from 7-8 followed by discussion from 8:15-9:15 Focusing on creating A Daily Yoga Practice.



Join Brian Granader, owner of Red Lotus Yoga, for four weeks of discovery, challenge and awakening. Learn to use the ancient wisdom of yoga to transform your life and create meaningful change.

During this program you will receive the following:

*Four Thursday night Short Form Ashtanga classes plus discussion after.

*One recorded 15 minute guided meditation.

*One 1 hour yoga DVD

* All course material.

*If you decide to do teacher training in April your TT fee will be reduced by \$200.



RED LOTUS
YOGA