**EARTH YOGA with Anne Bhudevi Fletcher**

**About the Class:**

The earth is our universal home – a place we should regard as sacred, and a place of rest and growth. The earth is the source of life, knowledge, harmony, and positive energy. Through the practice of Earth Yoga, we participate in a moving meditation to connect us to our life source while also connecting to our infinite universal source.

The format of the class is based on Integral Hatha Yoga, and includes yoga postures on the mat, breathing techniques and yoga nidra (deep relaxation) with moving mediation. The theme of the Earth is weft through out the class.

Bring your mat if you have one or we can loan you one. Dress comfortably & don’t have a heavy meal at least 2 hours before class.

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