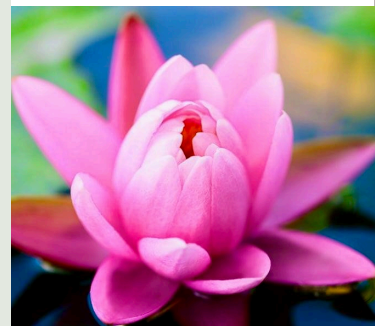


Unfolding Lotus - A Special Series Yoga In the Gallery

June 2 : Roots: The Lotus Power of Grounding
June 9 : Centering and Growing Toward the Light
June 16 : Blooming in Radiance



\$90 for the 3 part series or

\$35 each for individual workshop.

9:30am - 11:00 am

Workshops for yoga practitioners of all levels. Each session includes a warm up, a sequence featuring yoga asanas (postures) fitting to the theme with breath and movement flowing together, and a relaxation time with a guided meditation and reflection in conclusion. Strength, flexibility and nervous system balancing are part of each workshop along with options for modifications to best serve each individual participant.



**Attend the entire series and receive
a commemorative cloisonné
lotus trinket bowl.**



Limited Space Available

**Gallery 2 Sun Now & Then
6538 E. Tanque Verde Rd.
Suite 150**

In La Plaza Shops

Dress comfortably for movement

**Bring a water bottle and your yoga mat as well as any
enhancing props (such as blocks or bolsters) you
regularly use**

With Jyoti Ironwood

Jyoti has facilitated yoga for over four decades and has training in a variety of yoga styles and traditions which inspire her own ways of teaching. Her personal philosophies regarding yoga include that the prize is in the process of the practice itself and is not a specific destination, but rather can be a life-long journey customized for each individual. Classes can be fun as well as meditative and meaningful, while deriving physical, emotional and stress-management benefits.



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