

slow burn

A patient & powerful exploration of a flow-based practice



with Cameron Gilley & Wesley Salter
www.igniteandunite.com

About the workshop:

Experience yoga from the inside out! Sweat and smile as you awaken your body's own inner cauldron of burning enthusiasm by slowing down the normally vigorous vinyasa practice. In this workshop we will first take our time to explore the universal principles of precise alignment, core activation, intentional breath linked with movement, and powerful concentration. Then from a foundation of deepened understanding, experience a slow, thoughtful & empowering vinyasa flow class led by Cam & Wes.

Feel the empowerment that comes from slowing down!

date

OCTOBER 2, 2011
1:30-4:30 pm

location

Shanti Yoga, Tsawwassen, B.C
604.943.9978
www.shantiyogabc.com

cost

\$45- Click this link to reserve [online](#) or visit in-studio to reserve your spot

For more workshop information visit:

www.igniteandunite.com

www.camerongilley.com & www.wesleyyoga.com