

SATURDAYS SARAH



10:30 – 12:30 PRACTICE \$40

1:30 – 4:00 WORKSHOP \$60

*DISCOUNT FOR MEMBERS & EARLY BIRD
REGISTRATION

SEPTEMBER 20 DEMYSTIFYING GRANTHIS

UNDERSTAND AND UNTANGLE ENERGETIC KNOTS

OCTOBER 18 FUNDAMENTALS FOR ADVANCED PRACTITIONERS

REFINING YOUR PRACTICE WITH HANDS ON ASSISTS

NOVEMBER 15 BREATH BHANDAS AND MUDRAS

UNLOCK YOUR FULL PRACTICE POTENTIAL WITH THESE KEY ELEMENTS

DECEMBER 6 RETURN TO YOUR INNER LIGHT

AN AFTERNOON TO RELAX WITH MEDITATION MOVEMENT AND SOUND