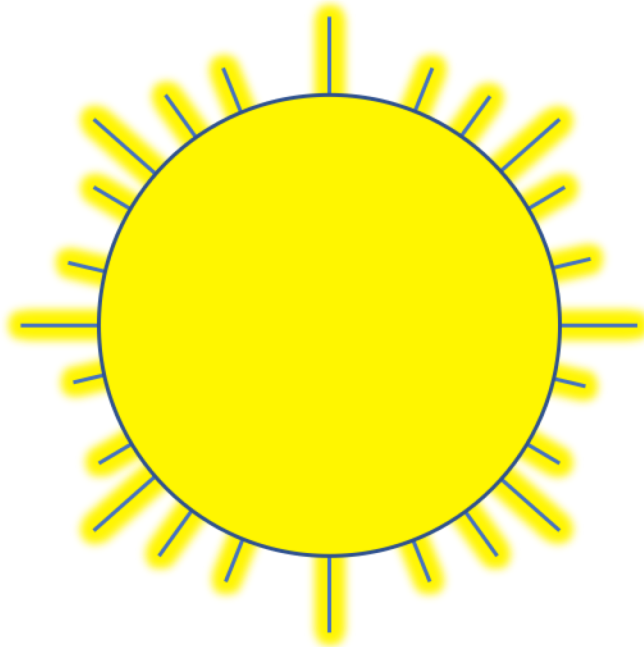


Another Trip Around the Sun



Intention and Inspiration for 2019 with Sharon Epstein

Saturday January 26 12:00-1:30pm

In this workshop we will gather together as a kula, yoga community- to honor our successes and challenges of the year past, to let go of what needs to be discarded, and to envision and set our intention for the year ahead.

Our journey begins by moving our bodies- strengthening and awakening with a vinyasa flow sequence of core work, twists and back bends. We follow that by listening to the residual effects of the physical practice and being guided into meditation.

Time will be provided to allow yourself the space to settle in and simply be—write, draw, journal, think, dream... Sharing as a community will be supported as we make space to manifest our intentions and actions for 2019 and the New Year ahead.

Sharon Epstein, E-RYT-500, is so very grateful to have discovered yoga back in high school, since then she has steadily been interested “in all things yoga”. She is proud to be part of the Yoga Life community since 2013.

Sharon is a NY state licensed Creative Arts Therapist, holding space for people to feel creative and encouraged.

She is currently studying with the Institute for Integrative Nutrition to become a health coach, exploring what it means to nourish ourselves along a path of vibrant health and longevity. Sharon loves creating and being part of circles of community that strengthen us to live a full life of meaning, purpose, fun and joy.



Photo by Stephanie Cowan



All levels welcome!
This event is BYOJ:
Bring Your Own Journal

Investment: \$30 in advance/\$40 at the door. Pre-register at the studio or online, www.yogalifepw.com