

YOGA

WORKSHOP

**3-Day
Vijnana Yoga Workshop**

**November 18, 19 & 20
Friday evening, Saturday & Sunday**

EMPOWER ● UNFOLD ● EXPERIENCE ● EXPAND ● REPAIR ● MEDITATE

JOIN US FOR A 3-DAY YOGA WORKSHOP

W/ TRACY GROSHAK



808.322.0714

Come explore, experience, and expand inner intelligence through tensegrity repair series, simple sitting (meditation), vayus, pranayama, and asana practice. Empower and unfold with a well-rounded practice, including expansive and dynamic standing posed, luscious hip and thigh opening, mindful arm balances, earthy inversions and heart opening backbends.

~~~~Radiate your essence!! ~~~~~



**Tracy Groshak** will host you through a weekend retreat dedicated to sharing the knowledge gained through 16 years of intense dedication to the practices of yoga. Tracy draws upon her extensive and varied knowledge from both Eastern and Western studies to empower all students. She provides them with a holistic set of tools that allows them to advance in their practice and achieve their goals and wishes to convey to her students that by working more

subtly with inner wisdom, self-discovery and patience, students can cultivate a practice that is truly transformational, far beyond just the physical.

#### Workshop Itinerary

##### **Friday Evening**

**5:30-8:30**

*Intro to Vijnana Yoga Repair Series*

##### **Saturday**

**Morning 9:00-12:00**

*Meditation, Pranayama, Arm Balances*

**Afternoon 3:00-6:00**

*Backbending for your health*

**Sunday 9:00-12:00**

*Putting it all together with a powerful Vinyasa flow class*  
**(Previous days attendance recommended)**

##### **Early Bird Special ~**

**Sign up by Nov 1 -**

*\$140 for whole weekend*

**After Nov 1 -**

*\$150*

**One session: \$40**