

the complete practice

an afternoon of
meditation, pranayama, sound & asana

with Teresa Owen

Sundays, 2:00 – 4:30 pm

Oct. 4, Nov. 1, Jan. 3, March 7, April 4, May 2
@ Front Street Yoga • 951 Front St., Novato

Dec. 6 & Feb. 7

@ SMC • 1165 Magnolia Avenue, Larkspur

Bring your healing intentions and join me for an afternoon of yoga.

We will begin our practice with meditation, and together, create a sacred space for our journey, calling forth our intentions. With pranayama (breath work), we will open ourselves from the inside, out to infinite possibility.

Using our voices, we will learn simple chants to enliven and align the energy channels in the body. Progressing to a classical asana practice, we will incorporate standing poses, backbends, core strengthening, and inversions. The asana practice will be sealed in with a deeply restorative savasana.

Class size will be limited to 15 students.

All levels welcome.



TERESA OWEN has been studying yoga since 1997. Her teaching style reflects her experience as a longtime competitive athlete, healthcare advocate, event and group facilitator, wife, and mother of two college students. She

weaves together her life experience, love of yoga and spiritual exploration, with an eye toward keeping her classes both accessible and challenging. Her primary training is in the Iyengar style, including an eclectic mix of intensive work with Forrest Yoga, Vini Yoga and Yoga Therapy. She is also a Reiki Master and is currently expanding her training to include other forms of energy healing.

COST \$30

TO REGISTER:

Send your check payable to:
Teresa Owen, 7 Galway Lane
San Rafael, CA 94903.

Or, leave in envelope at Front Street Yoga marked "The Complete Practice."

FOR MORE INFORMATION

call 415.713.7961

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