

SPRING EQUINOX WORKSHOP

Creativity, Sovereignty, a Personal Experience of Reality

Allowing the mind To Expand beyond the
previous Framework

▼ Fri 11-2 pm

Yoga all levels to center
the mind.

Welcome, and connect.
A new beginning; a new
Year, a New Era of
Consciousness.

New creativity and
Service

Yoga for all levels to
ground the self.
Connecting to the creative
center
contemplation, talk,
and Q & A.
New community

▲ Sat 11-2 pm

► Sun 11-2 pm

Yoga for all levels to create an
expanded experience of the
self.

Q & A Discussions and sharing
in regards to the New
consciousness we are building

Notes

Questions, sharing

Dreams, Visions, Ideas, Intuitions

Vision Manifestation
