

**VINYASA FLOW WORKSHOP**  
**Saturday, July 25<sup>th</sup>, 2-4PM**  
**Cost: \$35 by 7/22, \$40 late registration**



**Join Ashtanga yoga veteran & master teacher Sara Devi for a powerful practice designed to detoxify the body & calm the mind. The class will focus on Vinyasa Flow/Ashtanga Yoga, giving yogis ample time & opportunity to take their practice to the next level. This is a dynamic practice, but is open to all levels of yogis! Sign-up now on the events page at [www.JeweledLotusYoga.com](http://www.JeweledLotusYoga.com)**

