

Earth Practice / Prithivi

Earth Practice is a grounding, steady & slow practice building strength & stability with a focus on hip-openers, restorative savasana and meditation.

Fire Practice / Agni

Fire practice is a heat building, energetic practice of cleansing kriyas for detoxification. This practice is interactive & FUN!

Water Practice / Apas

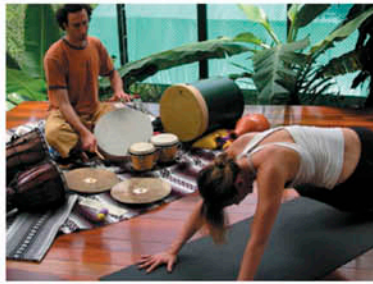
Water Practice is a nurturing, rejuvenating slow flow focusing on softening rigid patterns with fluid vinyasa.

Air Practice / Vayu

Air Practice is creative, fun & light-hearted, focusing on playfulness of expansion within vinyasa; arm-balances, and back-bending.

rhythmic flow yoga

with kristin cooper & the kunga drummers



workshop details

element, date & times

Fire Practice (agni)

Monday, July 13, 2009

5:30-7:30 pm

cost \$30

location



Tel: 805.965.6045

32 E. Micheltorena St.

www.SantaBarbaraYogaCenter.com

about Kristin Cooper, 500ERYT

Kristin is founder the Wilmington Yoga Center and travels internationally offering workshops & teacher trainings, teaching since 1999. She is the founder of Kunga Journeys service based yoga programs & leads international service retreats with her husband, Loren Gulak. Kristin has worked privately with celebrity clients Katie Holmes & Ashley Judd and is a percussionist, mentor & assistant for Shiva Rea's Prana Flow Teacher Trainings.



about Rhythmic Flow Yoga

Rhythmic Flow Yoga is a creative vinyasa based practice developed by Kristin Cooper and inspired by the rhythms of the Kunga Drummers. Come move to the live Grooves!

all levels
welcome

RhythmicFlowYoga.com
WilmingtonYogaCenter.com
KristinYoga.com