

Detox Flow® YOGA

with
Seane Corn

Fri & Sat
January
23 & 24

DETOX FLOW

Friday • Jan. 23 • 6:30 - 9:00 pm • \$50

BOTH SESSIONS • \$90

These unique and challenging classes explore how making conscious and responsible choices can help purify our body and mind, supporting optimal health. We will focus on cleansing the vital organs through a special vinyasa sequence that utilizes three internal components- compression decompression and twists- to stimulate the purification process within the body. These classes include sun-salutes A and B, a detox standing pose sequence, breathing exercises and meditation. We will also explore how making conscious and responsible choices- in all aspects of our lives- can help purify our body/mind, supporting optimal health and the numerous benefits provided as a result.

The BODY and BEYOND: A Vinyasa Flow Intensive

Saturday • Jan. 24 • 12:30 - 3:30 pm • \$60

BOTH SESSIONS • \$90

Vinyasa means to link movement with breath. In this unique and challenging intensive, we will explore the multifaceted dynamics of Vinyasa Flow yoga, including focusing on proper alignment, pranayama, meditation, reflection and prayer. Through the integration of asana, proper breathing techniques and conscious intention, learn how to experience the powerful practice of Vinyasa Flow as a devotional expression of life - beyond the body. This meditative dance not only strengthens, tones and stimulates all the various systems of our bodies, but also initiates us to the knowledge that there is no separation of the mind and body, matter and consciousness, heaven and earth- you and I. This workshop is designed for those who are open in the journey of yoga beyond the body. It is a workshop that combines fact with faith and offers a unique and soulful approach to deepening both the individual practice, as well as, the classroom experience. Experience with Sun Salutes A and B is recommended.



As an inspired communicator, Seane's classes are an eclectic fusion of various healing and Spiritual modalities making them intuitive, insightful and educational. Featured in commercials, magazines and named the "National Yoga Ambassador" for YouthAIDS, Seane utilizes her national platform to bring awareness to the HIV/AIDS crisis, along with the Cambodian Children's Fund. She trains leaders of activism through her co-founded organization Off the Mat, Into the World®, started in 2007 with Hala Khouri and Suzanne Sterling. She received the 2005 "Conscious Humanitarian" award for her outreach efforts. Her award winning DVD's "Vinyasa Flow Yoga" are available through Gaiam International; and her "Yoga From the Heart" DVD can be found through the Yoga Journal Live Series.

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