

HALLOWE'EN ARM BALANCES:

Enlisting The Aid of Our Inner Daimons

JOSEPH CAMBELL SAID, "DAIMONS ARE GODS WE'VE REJECTED." IN THIS WORKSHOP WE'LL TAKE A LIGHTEARTED LOOK AT THE DARK SIDE — THAT PERRENIAL FOUNT OF SPIRIT, SHAKTI, UNDIGESTED BITS OF BEEF — WHATEVER YOU CALL IT THERE'S A WHOLE HIDDEN UNIVERSE OF PURE AUSPICIOUSNESS WAITING TO ASSIST US IN OUR MOST AUDA- CIOUS ENDEAVORS. AND HALLOWE'EN IS A GREAT TIME TO TAP INTO IT.

IN THIS WORKSHOP WE'LL AVAIL OURSELVES OF THAT BENEFICENT SUPPORT, AND THE ALIGNMENT PRINCIPLES OF ANUSARA YOGA™, TO ASSIST US IN THIS INTERMEDIATE+ PRACTICE.

Join
KAJ HOFFMAN

Saturday, october 31st,

1:30 — 4:00pm, \$30



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