

Realize Yoga
In all aspects of your life
with Lisa Jansen



This eight week course will use yoga asana, pranayama, meditation, mudras, intention, and mindful reflection as tools to take your yoga practice to the next level.

Through regular practice one releases “stuck energies” or dukka, this transfers into deeper states of peace. Lisa will use metaphors throughout her teaching in order for students to transfer the teachings effectively into daily life.

Join Lisa Jansen as she takes you through this eight week course specifically designed to take your practice to the next level. Six months experience recommended.

Location:	Central Coast Yoga
Dates:	Fridays, September 5 th -October 17 th
Time:	9:00 a.m.-10:30 a.m.
Register	Online at centralcoastyoga.com OR at the center: 474 8876
Cost:	\$120