

SADIES

Redondo Beach, CA on June 6

Energize and Renew, Power Flow into Divine Sleep

New York City Vinyasa Teacher Lauren Taus will lead a well-rounded flowing asana practice integrating mental practices that enhance everyday living. The Master Class is intended to invigorate your body and help you develop a calm, less reactive state of mind with dynamic flowing routines. Lauren will encourage focus on the process and not the end result. This allows ALL levels of yoga practitioners to enjoy and benefit from the Master Class.

The class will involve a 90 minute physical practice and a 20 minute yoga nidre meditation designed to bring each student closer to his or her goals, on and off the mat.

Exploring Crow and Other Arm Balances

Crow can be a gateway to so many rewarding and enjoyable poses. After a general warm up, Lauren will explore the many variations of crow and also break into several other arm balances, inversions, and flows. This class will offer the opportunity to ignite your creativity, challenge your resolve, and explore the amazing possibilities your crow can offer your practice.