



## THE EXERCISE & ESSENCE OF YOGA

*What if there is a way to exercise that fundamentally changes your experience for the better?* What if you can exercise in a way that improves your mental clarity, reduces your stress, enhances your well-being, develops your awareness, boosts your energy, and still tones your tush?

Lumina Yoga™ is an integral practice for developing more enlightened ways of being in the world. The practice is based on a disciplined integration of essential yogic paths that addresses key physiological, psychological, and spiritual aspects of being. Each class consists of a one hour yoga work-out followed by an additional hour of interactive instruction on subtler facets of yoga designed to expand and deepen your practice.



- *Develop more strength, flexibility, balance and grace* with Hatha postures & breathing techniques.
- *Experience greater harmony* with Bhakti humming, toning, and chanting practices.
- *Cultivate more peace of mind* with Jnana contemplation and meditation exercises.
- *Explore the deeper dimensions* of yoga in an open-minded, open-hearted learning community.

*Come as you are. All levels of experience and expertise welcome.*

Yoga meets us where we are, offering a multitude of paths for each of us to integrate body, heart, and mind. No matter what our personal beliefs, capacities, and predispositions, the yogic tradition honors the diversity of human experience, using our natural abilities and tendencies to deepen and broaden how we experience ourselves, each other, and our lives. Through yoga, we break through habits of identity to simply rest in integrity.



Karen is a certified yoga teacher of the White Lotus lineage who has been studying and practicing Vedanta Yoga for twenty-five years.



*Experience the freedom beyond the fitness...*

"All life is a secret yoga..."  
~ Sri Aurobindo

**MONDAYS, 9-11AM**

SEABOLD COMMUNITY HALL  
14451 KOMEDAL RD  
BAINBRIDGE ISLAND, WA

**TEN SESSIONS: \$120**  
**FIVE SESSIONS: \$75**  
**DROP-IN: \$20/SESSION**



**PLEASE B.Y.O.M.**  
(BRING YOUR OWN MAT)

TO REGISTER OR INQUIRE  
FURTHER, PLEASE CONTACT:  
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