

Vinyasa Yoga—All Levels

Lift Your Spirit Joan Hyman



July 18th, 2008
Friday, 7:30-9:30pm

Center for Yoga
323.464.1276

Price
\$25



Join Joan Hyman and Matt Robinson for a special night of vinyasa flow mixed with global rhythms for the soul. This two hour class is designed to make you feel good with all the mood enhancer poses such as sun salutations, backbends, inversions, and twists followed by soothing forward bends . Feeding the soulful touch, DjMattnifique's eclectic mixes will enhance your practice from within, never bombarding you from the outside. Just relax and let it flow!

Come join us and allow your spirit to soar!

Joan Hyman

Joan Hyman teaches a vibrant flow class strongly influenced by her core teachers Annie Carpenter and Yogaworks co-founder Maty Ezraty. She is yogaworks certified and completed her teacher training under Maty and Lisa Walford in 2002. A dedicated ashtanga practitioner Joan has been to Mysore, India to study with Sri K. Pattibhi Jois and continues to study the practice under all authorized and certified ashtanga teachers. She loves teaching her vinyasa flow classes especially since she's added DJ Mattnifique to the mix!

