

Setting Intentions Workshop

Joan Hyman

Sunday, January 6th • 1PM – 3:30PM •

LARCHMONT
\$40

The new year is a good time to get clear, focused, and centered. A good time to welcome a change that a new year can bring! To start the process of living from our heart's intention, we need to let go of what is no longer serving us and clear out our negative emotions and fears. What is your heart's deepest desires for 2019?

Join Joan, for her special class as a gift to the yoga community to encourage her students to live their most authentic lives. There will be a short discussion on intention setting and then we will write out our intentions followed by a yoga practice and meditation. Intention setting is stronger with community because of the momentum of the group energy which will help us plant seeds for our deepest desires to sprout in the new year to come!

All Levels welcome.

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Joan Hyman spent fifteen years as a distinguished YogaWorks Senior Teacher before bringing her expertise to Wanderlust as the Director of Teacher Trainings in 2016. Now, with over twenty years' experience leading retreats, trainings, and international workshops, Joan continues to travel the globe leading her own signature trainings. In addition, Joan partners with yoga schools in various corners of the world on their teacher training programs.

