

SATURDAY
JUNE 24TH, 2017 - 9 AM TO 5 PM



YOGA DAY

With Denise, Shanna, Claudia and Fawntice



A WELL DESERVED DAY OF HEALING THROUGH THE POWER OF YOGA, ART AND SOUND!

This will be "the Mother of all Yoga Days!!" We will share an amazing day devoted to yoga, meditation, poetry, art, sound healing, a delicious catered vegetarian lunch and more.

To make the event more personal space is limited and registration is on a first come, first serve basis. Knowing how many people are excited about this event, your prompt response will ensure you a place.

***Bring your mat, blanket, bolster and pillows for Yoga and Tibetan singing bowls healing.



- 2 Yoga Classes
- Walking Meditation
- Art therapy Class
- Delicious Vegetarian Lunch
- Snacks and Tea
- Tibetan Singing Bowls

Multi Purpose Room
Culver City Vets Memorial Center
4117 Overland Ave
Culver City, CA 90230





Denise Hughes

Denise spent 15 years with her family studying yoga philosophy and meditation under the world acclaimed teacher Swami Lakshmanjoo. She has continued her studies on consciousness for the last 4 decades. Denise has been teaching yoga movement, breathing practices and meditation through the lens of Kashmir Shaivism to individuals



Shanna Hughes

Shanna is a trained yoga therapist with many years of experience in classic yoga training with a special emphasis on therapeutic and clinical applications of yoga. She learned at a very young age the healing power of yoga and meditation while being raised under the tutelage of the great Yoga philosopher Swami Lakshmanjoo.

Claudia Dose

With her bachelors degree in art and design Claudia traveled through Asia/India where she found her spiritual path and practice. Through these travels she brought in more vibrant imagery and meaning to her paintings. With her art pieces and teaching Claudia loves to share her positive, uplifting and healing art while inspiring others in their creative flow.

www.claudiadose.com



Fawntice Finesse

A professional musician with a Master's Degree in music, a certified sound healer, reiki master, and yoga therapist, Fawntice has positively impacted many lives with the use of her antique Tibetan bowls and their powerful healing sound vibrations.

www.healwithsounds.com



Register Today!

The cost for this all inclusive day is **\$108**. Discounted price till May 15th is **\$90**. Space is limited, so please save your spot. We take checks (Rays of Yoga) or cash.



For more information call or email:

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