



Spanda: Awaken to stillness and raise your creative vibration

Spanda is the creative throb of the universe, breathing itself into being. This universal vibration is in all things: your pulse, your breath, the dancer inseparable from the dance, the rhythm of the seasons, the flow of the ocean tide.

Join Rie Katagiri and Dearbhla Kelly as they lead a 3-hour practice sharing pranayama, vinyasa, and tantric wisdom to guide you to an experience of yourself as vibratory awareness.

This workshop is designed for the creative individual to help shed any blockage and tap into this amazing energy to helping guide your path and fulfill your goals.

WHEN:	Sunday, July 11, 2010 3:00pm - 6:00pm
WHERE:	MOVEMENT STUDIO LA 7409 Beverly Blvd. Los Angeles, CA 90036
TICKET PRICE:	\$45.00 by July 16 \$55.00 after (space is limited)
RESERVATION:	info@movementstudiola.com 323.424.7924

Light snacks and tea will conclude this event to nourish your heightened vibration!

ALL LEVELS, MEN & WOMEN WELCOME