MINDFUL MOVEMENT YOGA

WITH ASIA PARKER

May 7th, 2020
6:00-7:00 p.m.
Yoga Flow

This all levels flow is sequenced to support the movement of our bodies both physically and energetically. Take this opportunity to join me in creativity and play to find your unique expression in each pose. This sequence will begin by generating some heat and end with restorative poses. Flowing is about an exploration, an individual journey and about tapping into our bodily wisdom and energy source. This practice will support shifting our energies to vibrate in love and positivity. It will be a fun one! Come as you are

Please use a mat if you can for less slip. If you do not have a mat then carpet, a carpeted rug, or a non-slip surface will work best. I will email you an invitation to Zoom closer to event date. Please email me with questions or concerns at parkeraj@wfu.edu.