



SHIBANA

ONE WELLNESS

Food, Fitness, Faith
The Metamorphosis Begins



योग is the union of शिव and शक्ति

The source of all life is ananda.

The world and all its raga is the product of two opposites:

शिव (the static principle) and
शक्ति (the dynamic principle)

In this class we will try to reach an expanded state of consciousness where we will aim to draw all experiences of the physical body together through rhythmic asana, music, mantra, and meditation, learning that the essence of the highest union is honouring our own sacred sexuality.

Tuesdays, 5:00 - 6:30 p.m.

Cost: \$100 for ten classes or \$14 drop-in
Advance RSVP required as class size is limited

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Visit ShibanaWellness.com for more offerings
of food, fitness, and faith.