

What's love got to do with it? a joyshop in opening the heart

*Saturday
February 13
2:00-6:00 pm*

Bhakti Yoga is a real, genuine search after the Lord, a search beginning, continuing and ending in love. -Swami Vivekananda

Last year's Valentine's Day celebration gave us the reminder that LOVE is EVERYTHING! Come join us for an afternoon of devotion to all that is sacred. We will explore a heart opening vinyasa and yin yoga practice through the layers of the body, from physical to subtle.

We must first look at how we have closed ourselves off to the many ways of loving and being loved, before we can open the heart fully through devotion. By bringing our attention to the body, we can become more aware of our emotions, our feelings. Once these aspects of self come to life, we open doorways that allow us to know ourselves deeper and connect to others.

In this afternoon joyshop, we will dive into the realm of the heart, of living and loving, through a practice of movement, chanting, and meditation.

*with
Michelle Marks*



and live violin music
by Vicki Brown



\$35 General
\$30 Members

Please sign up online at
www.tucsonyoga.com

More info online at
www.TucsonYoga.com

150 South 4th Ave. | (520) 988-1832