



sourceyoga  
health • vitality • joy



# PAINTING PRANA



Spark your Inner Shakti with a day of movement, art and meditation.

*(Shakti- the creative unbound freedom of the Divine)*

Play with yoga teacher, Angi Donovan and local fine artist Angela Wales Rockett on this fun and soul-filled journey as you:

- ♦ Feed your creative spirit through drawing and painting your breath!
- ♦ Stretch your body and your imagination with music and movement!
- ♦ Reconnect with your inner kid as you become fully immersed in the present moment!
- ♦ Embody and express your authentic Self by connecting to freedom of your heart!

*All materials provided and beginner friendly-no art or yoga experience necessary.*

**Date:** Saturday, June 1st

**Time:** 2:00 - 7:00PM

**Cost:** \$150 ~ Member Discount applies and scholarship position available.

**Location:** Source Yoga - University Place Studio