



Master
Class
with
Jami
Larson
February
20th

Sacred Sadhana. Sacred life. Let Your Love Stream Flow!

An open heart is Sacred Freedom.

This Master Class will focus on liberating the heart region through intelligent vinyasa kramas that awaken Bhakti, Radiance, and Passion. We will explore within our own bodies what becomes activated and released specifically in the shoulders, upper back, and chest regions. We will learn how to back bend safely, efficiently, abundantly, and transform this into the Sacred Flow of our lives.

All Levels
Welcome!
3pm-5pm
\$25 in advance
\$30 at the door.



www.flowyogaslc.com

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