



**Pre-Register
for Both Events
& Get the Intro
FREE!**

PHOENIX RISING YOGA THERAPY

WITH RACHEL POSNER M.A.

**Introductory Workshop:
Saturday, Jan 23. 2-4pm, \$25**

Rachel will guide you through the PRYT approach, a yoga-based mind-body experience. You will learn techniques to help you tap into the wisdom of your body and apply that wisdom to what is happening in your life. These practices, including imagery, body-centered awareness practices, breathwork and restorative asanas will help you deepen your personal yoga practice.

(no prior yoga experience is necessary)

**6-Week Intensive
Mondays starting Feb.1, 90 minutes, \$108**

We will continue to explore asana, imagery and awareness practices to assist you in deepening your awareness. Each week we will focus on different postures and themes, giving you an opportunity to learn more about what is happening in your body and how that connects to your everyday life. Ultimately, we are exploring how we can deepen our yoga practice so that it supports our physical, emotional, mental and spiritual well-being.

Rachel Posner M.A., is a Phoenix Rising Yoga Therapy Practitioner, certified yoga Instructor, and mentor. She has a Masters Degree in Counseling/Psychology with an emphasis in body-centered modalities. Rachel's yoga practice is informed by her belief that by deepening our relationship to our bodies, through awareness and active listening, we become more connected to and engaged with our core essence. As a teacher and mentor her greatest joy is to assist others in developing a practice that supports and guides the cultivation of a rich inner and outer life. You can learn more about Phoenix Rising Yoga Therapy by visiting www.pryt.com or www.pryt.com/rachel

 **flowyoga** SLC
www.flowyogaslc.com

Sugar House. 801.485.5933
2065 East 2100 South SLC, UT 84109