



# Daphne Larkin



Saturday, August 13 \* \$40/session | \$75/for both

## FINDING FREEDOM IN YOUR PRACTICE

9:00am - 12:00pm

*(Continuing Beginner/Intermediate students)*

Free your hips. Free your mind. Free your practice so you can fly! In this workshop, we'll explore the path to freedom in your practice through deep hip opening that flows into arm balances and creative transitions. Learn to stand on your hands in a way that is grounded, effortless and light. Discover the essential connection to the breath and the flow of prana in your body. Explore a more grounded way to expand fully into postures. Move beyond a practice that is a series of disconnected postures into a seamless flow that is grounded, effortless and light.

This workshop is not for new beginners. Includes arm balances and introduction into intermediate transitions

## MOVING FROM SEPARATE TO SEAMLESS - CREATING INTEGRATED ALIGNMENT

2:00-5:00pm *(for all levels)*

Learn the essential movement of prana or energy in the body as it relates to yoga postures. Elevate your yoga practice from a series of separate poses to a seamless flow of connected poses. We'll explore alignment in a new way and discover how to move from the center. Transform your transitions and create more stability and ease in your practice. Connect to the movement of the breath as a mirror for the movement in the flow of the practice. The practice will incorporate breathwork and meditation for a grounding practice.

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