



Brownes & Co.
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DISCOVER YOUR DIVINE ESSENCE with Jennieke (Janaki)

Saturday, December 11th, 2:00pm – 4:00pm

This workshop focuses on the healing aspect of Yoga; freeing your body, breath and flow of energy. Learn to surrender with meditative grace through your entire yoga session. Realize how body-breath harmony quiets the mind. Elevate your practice to an experience of peaceful unfolding; restoring balance and health. Breathing techniques (Pranayama) are used to facilitate the release of tension, stress from your mind and body. Enjoy the experience of meditation.

JENNIEKE: Founder of Sharanam Yoga is a certified Yoga teacher initiated in the lineage of Sivananda Yoga. Practicing Yoga for over 20 years, she travelled the world for over 12 years experiencing different yoga styles. Yoga always feels very healing, calming and energizing at the same time to me and I believe that in this busy time, where there is an overload of noises and stress, there is a great need to know how to calm the mind. Jennieke founded Sharanam Yoga in 2006. Sharanam means Surrender. She quotes "Healing through Surrender"

www.sharanamyoga.com

All levels welcome.

\$20 (pre-reserved)
\$23 at the door

Call 305.538.7544 x 2 to reserve your spot!