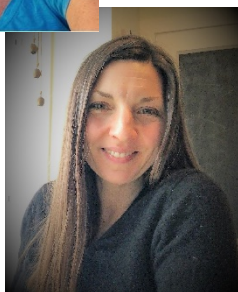


# *And the heart lotus blossoms forth*

with Kathleen Wright & Kristen Kepnick



**Sunday, February 14, 2021  
11 am -1 pm**



**Guidance and participation on the heart chakra, chest openings and cave of the heart meditation**

**Open to students of all experience levels  
\$60 prepay \$68 day-of  
or pay what you can**



By adopting lifestyle and spiritual practices that are calming, soothing and nurturing, prana flow is enhanced and higher states of consciousness can be experienced.

In this workshop we will discuss and experience a number of practices from yoga that influence and help to balance the heart energy thus restoring a sense of verve and vitality and positive softness.

Ayurveda and Yoga clearly explain and address the profound link between discomfort in the body and the mind and emotional balance. When the body experiences freedom and the mind is quite and balanced “we can experience the BLISS of the Heart Lotus Blossom and have a taste of Samadhi.”