

Dragonfly Yoga presents

The Home Practice

Bring your yoga to life!

with Michele Annette

We will discuss the discipline of a home practice which includes the study of the philosophy of yoga, mat time, and a daily Ayurveda practice. Michele will demonstrate how yoga can be practiced daily with a balance of studio classes, home practice, daily rituals, and mindful living. Making small adjustments to daily living can bring healthy support to your career, family, and relationships. This workshop welcomes beginners and those who have longevity with their yoga practice. Come with your notebook and prepared to practice some asana, pranayama, and meditation.

Michele's passion for yoga being over 10 years ago, it has since inspired her to create a space, which we now know as Dragonfly Yoga Studio, "a place where friends come to practice." Dragonfly is home to many yogis in our community. Although yogi's come together to practice at Dragonfly and throughout the community, sometimes life takes its turns where days or sometimes weeks go by without practice because something prevents us from attending a class at the studio. Michele uses the transformative practice of yoga to not only help navigate the corporate world but also to be present, find gratitude and to create balance within all realms of

her life. Michele states that her home practice has sustained her though numerous life events including but not limited to a divorce and the opening of her Insurance Agency. She states, "Yoga is my life line. Yoga has brought me in line with the divine." Anyone who has taken a class from Michele knows she embodies the practice of her yoga! She now invites you to bring yoga into your daily life and promises to provide means to an accessible home practice regardless of what your Google or Outlook Calendar might say.

When: Saturday, August 19th

Time: 1:00 – 4:00 PM

Where: Dragonfly Yoga

**Cost: \$35 early registration
\$40 day of event**

***cash or checks only for this special event
Register at the studio!**