



*Your  
inner  
environment  
is a  
reflection of  
your  
outer  
environment*

# Secrets to Embody Radiance

*A FREE talk at Sandpoint Hot Yoga*

Winter can leave us feeling heavy in body, mind and emotions: dammit, the pants feel tight! Learn simple Ayurvedic secrets to reverse the common ailments that naturally show up in your body during the season of spring.



*Class offered by Sarah Rusnak*

Sarah helps health conscious people create daily habits that stick. Based on her knowledge of yoga, mindfulness and Ayurveda she offers courses that expand your radiance and joy.

*Learn simple tips to:*

- Sync your yoga practice with the season
- Help get your arse out of bed in the morning
- Feel turned on, motivated and inspired
- Become less bloated and more lithe

*Friday, May 12  
6-7:30pm*

Save your spot. More info at [sandpointhotyoga.com](http://sandpointhotyoga.com)

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