



Yogin trust me, it's not a character flaw!

Got that biting tongue & frustrated temper?
Workin' the subtle manipulation for personal gains?
Skin rashes & breakouts getting you down?

Workshop - Cooling Your Inner Fire

Learn to recognize the signs of out of balance pitta dosha & why summer has everything to do with you displaying them. Taught by Sarah Rusnak, inspired by Forrest Yoga & Ayurveda.

Discussion - 30 minutes

Ayurvedic wisdom: keep your grace & glow this summer by adjusting your yoga practice, lifestyle & mindset to align with the season.

Forrest Yoga - 2 Hours

Create inner cool & light-hearted nature. We'll embody play focusing on balance poses & a spacious core. Sweetness for body & spirit!

Saturday, July 22nd 8:30 -11 am

*Printed take home materials: an easy reference tip sheet
plus a copy of the class pose sequence, designed to
soothe pitta while bringing in joyful ease. \$35*

Save your spot. More info at sandpointhotyoga.com

208.946.7646 1243 Michigan Street, Sandpoint ID 83864

