



*S.H.Y.
Springtime
Yoga Challenge*



*Forrest Yoga
& Ayurveda
Workshop*

Invert to Shift & Uplift

30 Minutes Ayurvedic Theory

It's not uncommon to feel heavy, sluggish & unmotivated at this time of year AND it's not as personal as you might think! Ayurveda teaches us simple methods to change up our yoga + routines in order to shift our body and attitude towards lightness and inspiration.

2 Hours Forrest Yoga Workshop

Use this time to kindle your inner fire with a strong and steadfast yoga session. Additionally you'll get to experience a thorough sampling of Forrest Yoga's unique approach to practicing handstand and forearm balance.



Teachings offered by Sarah Rusnak

*Saturday, April 13 at 3-5:30pm.
Only 12 Spots Available!*

- **Challenge Bundle:** \$85 for one month unlimited yoga plus workshop. Workshop counts as 2 classes towards your challenge goal! Sign up before April 1st.
- **Workshop A La Carte:** \$35

Register at sandpointhotyoga.com

208.610.8666 1243 Michigan Street Sandpoint ID 83864

