

Tantric-Hatha Yoga Workshop



Join Brenna Geehan as she returns to Akal to teach a special class on Tantric-Hatha Yoga. In this class, the practice will be based on the principles of Tantric-Hatha yoga as taught to her by her teacher, Yogarupa Rod Stryker. This session will include Asana, Pranayama, Meditation along with a discussion and use of Adhikara- the principle that our practice is capable of leading us to a sensitivity to the subtle realms- a sensitivity to all the layers of the body, mind, and consciousness.

**Friday, August 1
6:00pm - 8:30pm
All Levels Welcome
\$30**

Brenna Geehan began her yoga journey in 1998 and now teaches all around the Midwest and continues to assist her teacher, Yogarupa Rod Stryker. She is working towards Rod Stryker's Master Certification of Para Yoga. Her classes are based on the Principles of Tantric Hatha Yoga. She believes that we all have the right and capacity to realize a life brimming with joy, meaning and purpose. In her classes, she offers an asana practice that honors a number of styles including vinyasa flow, tantra, and a soft and fluid approach that encourages an "inner listening". She helps transform students' bodies to be stronger and more flexible and also aids in removing mental and emotional obstructions so they may have a more balanced and healthy energy flow. She includes meditation practices that encourages students to find clarity of mind and peaceful dispositions. www.brennagehan.com

Tantric-Hatha Yoga Workshop Registration

Name.....

Address.....

City/State/ZIP.....

Phone.....

Email.....



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