



2nd Annual SC Thanksgiving Intensive *with Lauren Davis*

3 days 3 hours per day 9 til noon
Friday November 25th The Yoga Room
Saturday 26th and Sunday 27th Island Wave Yoga
\$35per day \$30 for more than one day

Please join us for the 2nd Annual Thanksgiving Weekend Intensive. Practicing for three hours, two days in a row over the holiday weekend is a great way to deepen our practice, and still be able to be with family and friends.

This is a great time to work on some challenging poses and spending more time warming up to them and finding different ways to practice. We will explore the breath and do some pranayama series that will help to refresh and enliven our practice. At the end of each class we will do a long deep relaxation (savasana) and a sitting meditation. 3 hours just fly's by!

3 hours isn't as daunting as it sounds. We slow things down and take our time, and really get into a deep practice.

Family members welcome, or if you just need to get away from them.

All levels welcome

Lauren Davis has been teaching yoga for 20 years and has taught this intensive every year for more than 15 years. She studies many different forms of yoga and continues to bring new and challenging ways to enjoy yoga, lightened with a bit of humor. For more information check out

www.laurendavislive.com

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