

# Awaken Your Potential

## CREATIVE VINYASA FLOW

with **Vani**

Join Dani as she uses dynamic movement to unleash hidden potential in asana work to explore:

- Habitual patterns and remove blockages that hold us back in our practice and our daily lives
- Slow flow restorative vinyasa practice to release physical tension, mental blockages and emotional attachments
- Energizing vinyasa flow to awaken the spine, and align and invigorate the whole body
- Arm balances and inversions to overcome fears and awaken hidden potentials
- Dynamic flows that become moving meditations to restore our energy and for use with students
- Moving through the chakras with asana flow and meditation
- Ways to tap into creative, spontaneous movements, and turn them into artful sequences

Dani Vani McGuire, E-RYT 500, Yoga Therapist, IAYT, has practiced Yoga for over twelve years. With a foundation in Hatha, Iyengar and Prana Flow, she has studied with many inspirational teachers and explored different styles that have flourished into her own unique blend. Dani's fluid, creative and intuitive style of teaching will unleash hidden potential and awaken the student to experience their inner child and contentment.

**OCT. 15**

**9:30AM - 12PM**

**\$35 BEFORE OCT 1**

**\$40 AFTER**



DANI MCGUIRE



DANIMCGUIRE.COM