

# Creative Vinyasa Flow Immersion

With **Dani McGuire** E-RYT200

This workshop is for Vinyasa flow students who want to learn the art of a flowing practice and teachers who want to apply creative flow sequences to their own classes. We will use dynamic movement to unleash hidden potential in asana work as we remove mental blockages and release physical tension, that hold us back in our practice and our daily lives. We will explore moving through the chakras, slow restorative sequences, arm balancing and inversions, and energetic meditations in moving and seated postures.

**Friday evening** will be a slow flow restorative vinyasa practice that will renew the body, remove mental blockages and release physical tension and emotional attachments.

**Saturday Morning** engage in an energizing vinyasa flow to liberate us from our fears, awaken the spine, and align and invigorate your whole body. We will explore arm balances and inversions to overcome our fears and awaken hidden potentials.

**Saturday Evening** Reinvent our practice or teaching style. We will explore creativity in vinyasa flow sequences and moving according to your own pulse and purpose on and off your mat.

**Sunday** Restore yourself and let this creativity blossom with a restorative slow flow practice. Practice dynamic creative flows that become moving meditation

**8.5 Continuing Education Credits**  
through Yoga Alliance and a  
certificate of completion for  
attending this workshop

For information  
about Dani

Visit  
[DaniMcGuire.com](http://DaniMcGuire.com)

Learn the art of flowing though life , on and off your mat.

