

# Ananda Yoga by Karen

## *Karen's class at Soul Spa*

Wednesdays at 6-7pm



*Mind Body & Soul Yoga*

Why seek to practice yoga with an Energy Master?



An Energy Master understands the flow of energy and can help you direct yours... Yoga helps move energy for improved vitality, inner peace and healing. It enhances the body's natural ability to heal itself through the balancing of energy within postures and breath; it also physically challenges your *body*, calms your *mind*, and opens your *soul*.



### Three of Karen's most popular class styles:

**Yang/Yin:** Traditional hatha energy building yoga postures during the first half of the class leading into internally focused almost meditative yin yoga flow.

**Hatha Yoga:** Use of traditional postures with various progressions with meditation for beginner and intermediate practitioners.

**Integrated Energy Yoga©:** A one of a kind class. A series of Hatha postures that create open lines for energy to flow and balance with a power IET® energy treatment.

*Everyone is welcome! Om shanti*

### **Karen Fiorucci**

Certified Hatha Yoga Teacher

Certified Usui Reiki Master

Certified IET® Master Instructor

Registered Holistic Nutritionist

Registered Nutritional Consulting Practitioner