

Ananda Yoga by Karen

New class at Soul Spa :
Wednesdays at 6-7pm

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 *spirit*



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. Great for all ages!!

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