

# How Yoga Works: An Introduction to Integral Awakening Yoga



## 200hr Yoga Teacher Training & Advanced Studies

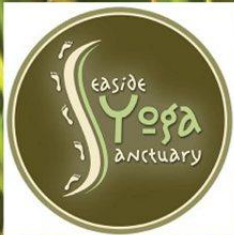
Creating Health, Harmony and Connection with Yoga Asana, Breathing, Meditation, Deep Relaxation and Yogic Wisdom.

**With Mahendra Briksha  
& Laura McKinnon**

**Sunday, July 29th  
1-4pm**

In this workshop we will give a short introduction of our 200HR Integral Yoga Teacher Training course, along with insight of why and how Yoga works. We will practice some simple yoga asana sequences with breathing, meditation and relaxation. See what happens when you are present with your "being"; how your Body, Mind & Spirit Unifies.

Cost: \$30 Early Reg  
\$25 student & military  
or \$35 at door



### Seaside Yoga Sanctuary

1360 Fremont Blvd, Seaside

**831-899-YOGA (9642)**

[seasideyogasanctuary.com](http://seasideyogasanctuary.com)