

Yoga Around The World

Experience Energy ~ India, Nepal & Peru

Elizabeth Kittell & InnerLit



April 20th - 22nd at
Tantra Power Yoga



Elizabeth Kittell
@idayogagirl
RYT - 500 is a
passionate yoga
teacher from
Riggins.

Schedule

Saturday: 12 - 5pm

Sunday 12-3pm

InnerLit Performances
Friday & Saturday Night
& Sunday Morning
Tickets sold separately

*Yoga is a word that is
commonly used in our present
day world. But where did it
come from? What does it mean?
How does it apply to your life?*

Buy Your Ticket Now

Early Bird Price
Only \$75
(\$95 at the door)

[www.yogaroundthe
world.eventbrite.com](http://www.yogaroundtheworld.eventbrite.com)

This weekend there are 2 amazing workshops. Elizabeth will teach you about where yoga came from, the different elements of yoga and how to apply them to your everyday life. You will learn the how and why of mantra meditation.

Throughout class you can expect to move the body, sit in stillness and learn to focus the mind. By doing this you will gain deeper insight into your "yogic lifestyle." Elizabeth will share her yoga experience from India, Peru and Nepal so you can gain insight and create a energetic lifestyle that best suits you.

208-315-0159



TANTRA POWER
yoga
www.tantrapoweryoga.com

Check out event page on
on Facebook

208-315-0820



www.yogainbody.com

