



PRANA FLOW® YOGA INTENSIVES WITH CORAL BROWN

RESOLVE TO EVOLVE

Monday, February 6 through Wednesday, February 8

How human adaptability provides us with the capacity to survive and thrive in an atmosphere of change.

EMPOWER YOURSELF!

Monday, February 20 through Wednesday, February 22

How to choose joy and delight over shame and blame, and be your own catalyst for positive personal growth.

Each intensive includes a total of four 90-minute practices with Coral.

Coral's dynamic workshops fuse the energetic, creative energy of Prana Flow® Yoga with her experience as a Holistic Counselor. Her integrative yet light hearted approach invites students to unite mind, body and spirit to transcend physical asana and create space for conscious evolution.

By honoring the breath, students are drawn into the "river of prana" connecting with the universal life force and increasing their own capacity for compassion and self-revelation.

Coral is a senior teacher trainer of Prana Flow® Yoga created by *Shiva Rea*. She leads retreats, workshops and teacher trainings and is honored to be a *Yoga Journal* contributor and conference presenter.

YOGA INTENSIVE PACKAGE

Two night getaway from \$900, based on double occupancy

Includes 2 nights stay in Mayflower Inn's luxurious 5 star accommodations, complimentary country breakfasts and \$100 spa credit per person, per day.

Also includes access to Spa House amenities and guest areas as well as all scheduled classes.



Mayflower Inn & Spa, 118 Woodbury Road, Washington, Connecticut
www.mayflowerinn.com 860.868.9466