



DEEP FOCUS YOGA PRANA FLOW WORKSHOPS

with Coral Brown

Sundays and Mondays:
August 24 and 25, September 14 and 15,
October 5 and 6, and November 23 and 24.
Classes are 75 minutes at 1:30PM on the Sunday
and 10AM on the Monday.



Join yogini Coral Brown at 1:30PM on Sundays and 10AM on Mondays
for 75 minutes of inspired yoga practice.
Start your week off right. Awaken the flow of energy within.

Whether you are new to yoga or a seasoned practitioner these workshops will
expand your knowledge and increase strength, flexibility and energy.

Coral Brown teaches Prana Flow yoga: an energetic and creative approach.

She is one of Shiva Rea's senior teachers and assistants. Through
balanced and fluid sequencing she guides her students on a journey inward
where the body, mind and spirit meet, fostering a safe practice space where
students learn to trust their body's intelligence and allow the Prana to connect
them with their inner teacher. She is a student of the Flow and strives to
embody this in her practice and daily life.

Prana Flow with Coral Brown is available on the following
Destination Spa plans:

ABOVE AND BEYOND EXPERIENCE

Unlimited treatments from \$4,800

MINI-LUXE EXPERIENCE

Two night getaways from \$2,250, three night escapes from \$2,700

www.mayflowerinn.com 860.868.9466

"Heaven on earth! It would be hard to find a better place for a yoga immersion."

— LESLIE P.