

Garden of the Heart Yoga Center presents:

# Embodied Prayer Yoga Experience Workshop

with Janet Conner

Sunday, Feb 24. 1-3 pm, \$30



Join Janet Conner, author of the book *Soul Vows* (which Harmony has worked with in her Gentle Yoga classes) for a 2-hour embodied experience of Original Prayer.

This is an ancient yet brand new post-patriarchal kind of prayer that opens us to remember what our ancestors knew: that the body is our first altar, a threshold where the invisible is made visible, and prayer is the ideal vehicle for that memory to surface.

During the workshop, you will practice yoga asana, breathing exercises, activate the chakras (energy centers in the body) and experience prayer (also known as mantra) "as a love song to the self." The class ends with Savasana for the body, heart, and mind to integrate the whole experience. You will also be invited to journal, or "Soul Write" about your relationship to the prayer.

No previous experience is necessary, and students of all levels are invited to join on this soul journey. Please register in advance on the GoH Yoga website.

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