

Shanti Rising Practice: Begins 8/11/2020

Weekly Live Stream Yoga Class on YouTube with Irene Doherty

Tuesday's 8am (MT): classes will be recorded and posted for practicing anytime your schedule allows for.

Fee: Donation via Website or Venmo

(7% of donations received for this class will in turn be donated to the Colorado Non-Profit Organization, Guided by Humanity)

This 75-minute practice honors the long lineage of yoga as taught by TKV Desikachar. Gentle dynamic movements paired with specific breath rhythms are designed to safely move stuck energy and restore the body's reserves of prana, vital life force energy. Slowing down the pace allows newer students to stay connected while learning and calls for a higher level of mental focus challenging seasoned students. Mantra, meditation, Kundalini and sound healing are all a part of the experience to aid in this practice of conscious awakening whether it be for your physical, emotional, mental or spiritual balance.