



Hatha Yoga & Philosophy Intensive Galveston Workshop

“The Nadi-Subtle Energy Channels”

Hosted by Jim Turner of [Texas Yoga Flow](#) and Denise Vaughan of [Beachwalkingyoga.com](#)

Classically, Hatha Yoga clears the Nadi, or conduits of prana, as channels for the awakening of consciousness and the development of spiritual power. We will integrate the yogic practices of asana, pranayama, the Patanjali Yoga Sutra, psychology, neuroscience and the development of emotional intelligence to further enhance our exploration and experience of Yoga as the science and art of Self Realization. Come share in the joy of learning, in an exploration of the Nadi, or subtle body energy channels, that open us to the spiritual life.

May 19-21, 2017 - Appropriate for All Levels

Class Times and Fees:

May 19, 2017-Friday Evening from 6:00 pm-8:00 pm-\$45.00
May 20, 2017-Saturday Morning from 9:00 am-12:00 pm-\$60.00
May 20, 2017-Saturday Afternoon from 2:00 pm-4:00 pm-\$45.00
May 21, 2017-Sunday Morning from 9:00 am-12:00 pm-\$60.00
May 21, 2017-Sunday Afternoon from 2:00 pm-4:00 pm-\$45.00

All sessions, full workshop - Early-bird price \$225.00 on a space available basis until April 19, and then price for full workshop is \$255

Online registration only, available at:
<http://beachwalkingyoga.com/workshop>



About the teacher: International Yoga teacher, and author of **The Yogi's Roadmap: the Patanjali Yoga Sutra as a Journey to Self Realization**, Bhavani Maki began her exploration of Patanjali's Ashtanga Yoga System in 1987 and has been teaching the Ashtanga System since 1995. She is the director and founder of Kauai's first yoga studio, Yoga Hanalei, founded in 1999 along with Ashtanga Yoga Kauai founded in 1995. Specializing in the Patanjali Yoga Sutra, Yoga Philosophy, Yoga Psychology, and Yoga Therapy, Bhavani offers unique insights into discovering greater joy and freedom within one's self. Bhavani has the unique ability to bring yogic insights to all levels, from beginners to teachers.