

# *Yin Yoga & Chanting*

With T. Sparrow Grace  
and Brandi Booth

*Friday, September 21, 2018*

*6:30 - 8:30 pm*

*Cost: \$40 (\$35 members)*



## *A Beautiful Combination:*

Our gifted Brandi Booth will guide participants through a Yin yoga practice. While finding refuge within postures and connecting with ones authentic self, T. Sparrow Grace will share her amazing talent, playing live music, both song and kirtan chanting. This beautiful marriage of music and posture allows one to access the live vibrations, enhancing physical well being and chanting along, if desired, as a focal point to help deepen the mental practice.

#206, 2016 Sherwood Drive Sherwood Park . 780-416-4211 . [yogafortoday.ca](http://yogafortoday.ca)

