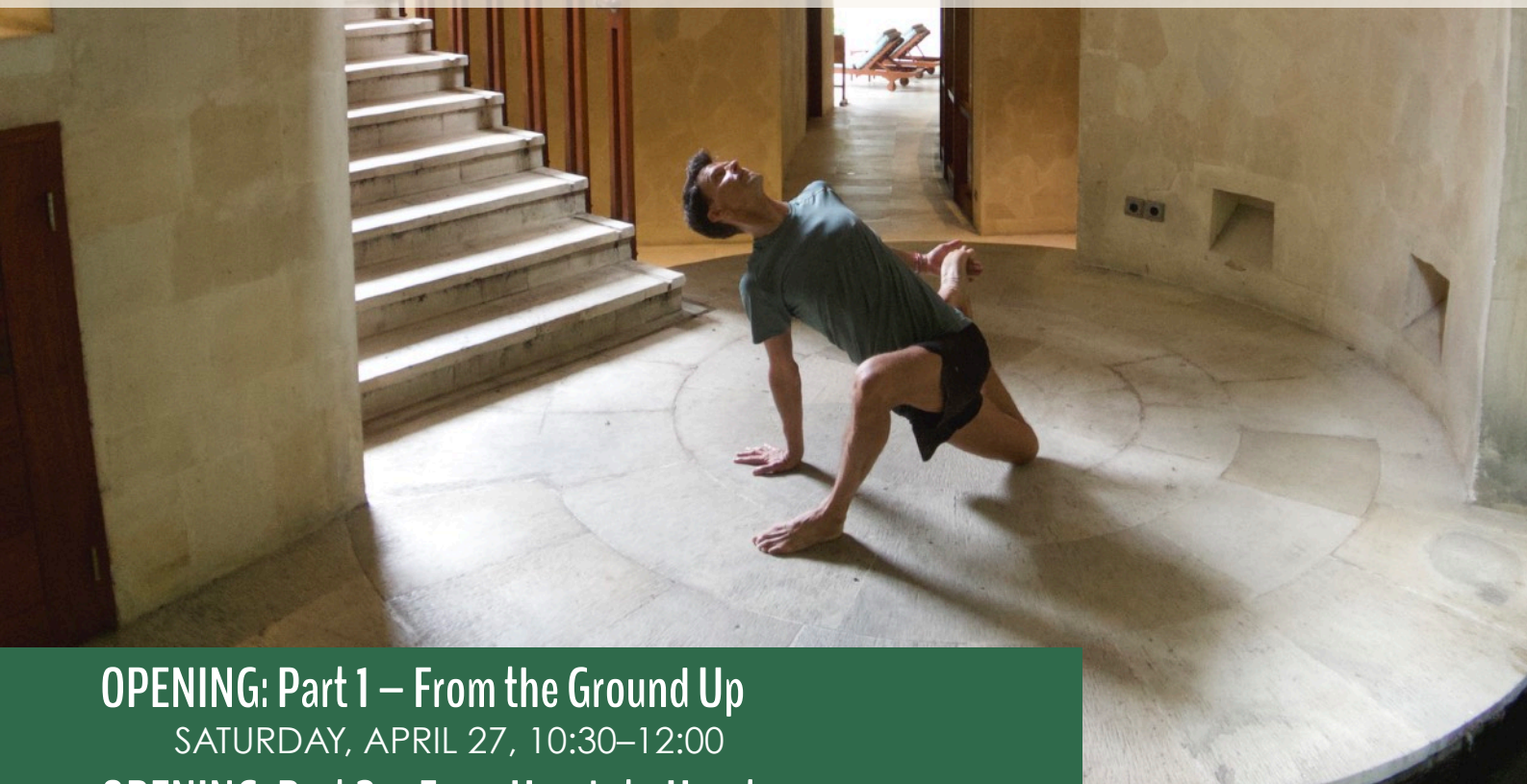


Adventure Yoga Classes

April 27 & 28 at Terra Yoga, Trondheim



OPENING: Part 1 – From the Ground Up

SATURDAY, APRIL 27, 10:30–12:00

OPENING: Part 2 – From Hands to Heart

SUNDAY, APRIL 28, 11:00–12:30

What can you expect?

We will go on a yoga adventure, energizing your mind and body while discovering how yoga helps you expand your possibilities, on and off the mat.

Come to get inspired, stretch your comfort zone, and cultivate a deeper connection to your yoga and yourself.

These special classes are suitable for ALL levels.

Who is Stephen?

“Stephen engages his students with a warmth and humour that simply inspires our yoga journey. I cannot recommend him highly enough!” – **Joe Moynihan, Yoga Student**

Stephen leads yoga trainings around the world and has taught thousands of students in more than 25 countries. His unique practice is all about exploring and expanding the possibilities within yourself and in your life.

The goal of Adventure Yoga is to help you uncover the courage and strength to make the most of your potential — and also to have more fun on the mat!

More about Stephen: www.myfiveacres.com/yoga

Regular class pricing & packages apply.

Open to all students.

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