

All Levels Master Class

One-Day Workshop with Bryan Kest

Kai Yoga Arts

November 24, 2010

A Bryan Kest Master Class is a short but intense immersion in the practice of Yoga for ALL LEVELS. Bryan was part of the first wave of Westerners who brought yoga back here to the States. This is a workshop you will not want to miss!

Here is what Bryan has to say about Yoga in general and this class in particular:

Practicing yoga means strengthening not just the body but even more importantly, the qualities of our mind that actually have the largest impact on our physical well being.

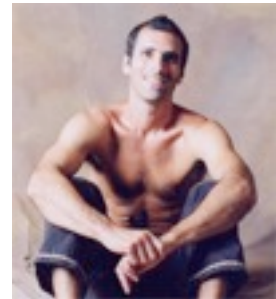
Having a tone and supple physique certainly has its benefits yet real health and contentment come from a calm and peaceful mind. Science and medicine are now telling us ninety percent of all disease is psychosomatic; in other words, most diseases originate in from our minds and manifest into our bodies. This is why ninety nine percent of all yoga practices are meditational or devotional practices, in other words, practices that address the mental state.

Knowing now what science and the yogis are telling us, it would be irresponsible not to address this and bring it to the forefront of our practice, in other words, a fitness routine dominated by our wisdom rather than our vanity.

If you want to know how I do this, you will have to come and see because words cannot replicate the experience that's a culmination of almost 30 years of my own yoga practice called Power Yoga.

***Class consists of 45 minute lecture, 1 hour and 45 minute asanas and 1/2 hour meditation.**

www.poweryoga.com



PRICING

Cost is \$90

**Or, pay by August 1st,
2010 and save!
Early price of \$65.**

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**FOR MORE  
INFORMATION  
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