



Root to Rise

Marnie will lead a special series of poses to help you feel grounded again in the new year, to feel reconnected with your foundation and to increase your strength and stability. We will explore ways to rise up from our rootedness and realign with our own divine power and purpose. This will be an inspiring, moderate practice, great for realizing New Year's intentions and beyond!

This special session will feature live drumming and percussion by Alex Pevzner and friends.

Saturday January 21st at Dragonfly Yoga Studio
Root to Rise: Get grounded and excited about 2012
2:30-4:30pm \$25

www.emmasdragonflyyogastudio.com
www.themarniebaconshow.com



DragonFly
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