

A K A S H A

Yoga • Healing Arts • Education



SUBTLE BODY AND KOSHAS

WITH SCOTT ROOS

Saturday, September 19th 2–4pm
Members—\$35 Non-Members \$45

On Zoom & 2-CEU's

According to the Vedic tradition, the physical body is just one aspect of our existence. There are actually 4 other subtler aspects to our beings. Learn practices to restore health to all 5 “sheaths” called koshas. Join us on Zoom for lecture and practice. Also wear comfortable clothing in order to move.

Preregistration and payment required. Please no refunds.
Please check our website, visit our studio or call for more information.
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