

Gentle Yoga & Healing Essence Meditation

Saturday, July 9th, 2pm - 4pm \$20

In this workshop you will be introduced to pure medicinal grade essences.

You will learn how apply them and then move through gentle yogic movement, breath exercises, and finally into a meditation. As Mother Earth shifts and changes, become aware of what is shifting and changing in you. See what the essences awaken in you...changes in your own life, a release of old patterns, a deeper connection to Gaiya or perhaps an awakening of the highest expression of who You are, to create clarity on your life path.



Hannah Zahava Kapp received her yoga alliance certification from Ritam Healing Arts. She is a Medicinal Essence Therapist certified from Wisdom Of The Earth.

She has a B.F.A. in Modern Dance from Temple University with a concentration in Exercise Physiology and she is certified in Mat Pilates. She focuses on the Sacred Triangle of mind-body-spirit in her practice.

"We are all diverse beings with amazing potential. Our abilities all depend on what we choose to acknowledge about ourselves. When we look deep we find that we are all hard-wired for Love." After suffering in a motorcycle accident, yoga has been her saving grace. She is now focused on the healing power we can bring to ourselves through breath, movement, sound and pure medicinal grade essences.

Call 310.559.7200 to Reserve your Space!!

