

May 29<sup>th</sup> & 30<sup>th</sup>, 2009

# Michael Faith



Yoga



## **Burning Is Learning...Enter The Fire With Michael Faith As He Guides Us In A Weekend Workshop Of Transformation**

**Friday May 29<sup>th</sup> 6 pm - Fire Flow - The Invitation to Burn.**

An introduction to the fire element and its potential for transformation. **This powerful exploration of standing poses, arm balances, and a fiery pulse of 108 sacred prostrations (push-ups) are woven into the practice**

**Sat May 30<sup>th</sup> 10 am – 12 pm - Heart Fire Flow - Burning Bright**

Weaving together **powerful poetry through dynamic sequencing, creating radiant back bends**. Ignite your sacred heart fire; you will burn bright in your practice and life. This heart-focused journey connects you to deeper strength and vision while helping you harness more power and integrity in your backbends.

**Sat May 30<sup>th</sup> 4:30 – 6:30 pm - Core Fire Flow - Fanning the Flames**

This fiery, intense, dynamic core cultivation class is centered on our elemental fire which burns within us as your creative force. Through **breath work, core movement and intention we learn to harness this energy** to burn away blockages, ignite our internal processes, and release the creativity stored within. We end the session recalling the image of the phoenix, singing its final song before rising from the ashes to greet its new self. Be prepared to work hard, cook, and sweat!

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\$30 per session or \$80 entire workshop

Register now to reserve your space! A2 Yoga (734) 216-4006 [www.a2yoga.com](http://www.a2yoga.com)