

Terror-Asana Glow Yoga

with Tina Pautz

Friday, October 29

8:00-9:30PM

\$25 per person
(\$30 door)

Get Your Vinyasa Glow On For Halloween!

Tina will stimulate students' physical, energetic, and emotional bodies through the powerful combination of Asana (posture) and Agni (fire) with an invigorating Vinyasa flow by black light, just in time for Halloween!

As you glow in your flow while practicing in near darkness, your balance is challenged and your body's senses become more heightened and attuned to your surroundings for a stimulating practice. You see by the light of your own body and other people's bodies moving in space for a trance-like, ultra-sensory experience.

Neon body paint and glow sticks will be provided for you to express your creativity, or come costumed with your own neon body art. Be sure to wear white and/or fluorescent yoga clothes.

[Pre-register online:https://www.updogyoga.com/workshops/rochester-workshops](https://www.updogyoga.com/workshops/rochester-workshops)



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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