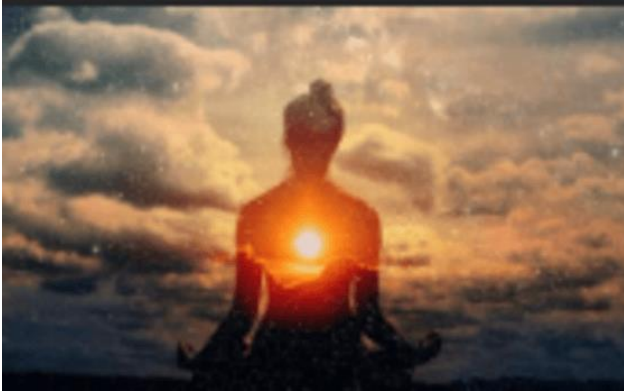


Summer Solstice & International Yoga Day Celebration
Sound Healing & Yoga – Energize & Activate
In-Studio Event: Saturday, June 21st 10-11:30 AM
with Katie Ruiz, Certified Sound Therapist & Yoga Teacher



International Yoga Day Coincides with the Summer Solstice. Welcome and honor both in this Summer Celebration infusion.

Set intentions for the longer days of light through Yoga and Sound Healing.

Cultivate personal growth and welcome the abundance of the season

Embrace the power of the sun's energy to energize the solar plexus and activate your personal power.

This celebration offers you the opportunity to embrace the transformative power of yoga and its benefits for physical, mental and emotional well-being.

This event welcomes you to:

Infuse Yin and Power Yoga with the sacred number 108

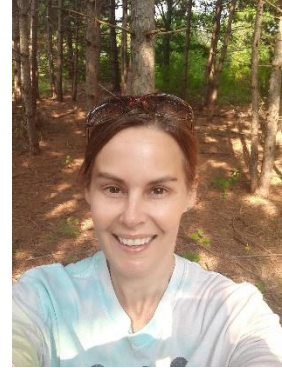
Expect to hold both low impact and some high impact poses

Nurture your Third Chakra, the Solar Plexus through twisting and activate your personal radiance with breathwork and power poses

Unwind with a guided relaxation and sound bath at the end

Why is 108 a sacred number in Yogic Philosophy?
Spiritual Significance: "108 is seen as a bridge between the material and spiritual realms, representing the universe and our connection to the divine."

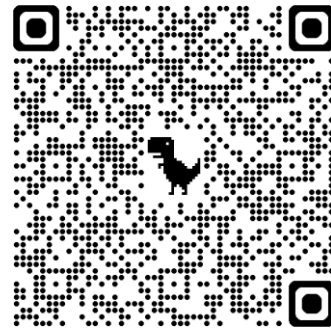
Cosmic Geometry: "In Vedic astronomy, the diameter of the Sun is considered 108 times that of Earth, and the distance between the Earth and Sun is 108 times the diameter of the Sun."



**Katie Ruiz, Certified Sound Therapist
& Certified Yoga Teacher**

More Details + Register Here:
www.5koshasyoga.com/events

Easy Way to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link. You'll be directed to the registration links!



FEE: \$30 Are you a Frontline Worker in Wisconsin? Email Mary@5koshasyoga.com to receive a full scholarship to attend this event!

In-studio classes have LIMITED spacing available 15 spots total. Pre-registration is required to attend.

Who should attend? Everyone Welcome to Attend! Some Yoga experience is helpful, but not required. You will be getting up and off the floor during the event.

What to bring? Wear comfortable clothes. Bring your yoga mat, blanket & water bottle. The studio has limited yoga mats, bolsters & blankets if needed.