



**Come open to your rejuvenating fitness
through the art of active stillness.**

In **BURN** we alternate slow movement and minimum large muscle use with even slower movement against gravity and continual core muscle engagement to develop deep and flexible fitness and increased endurance.



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Stillness Moves You™ workshop at
Empower Yoga, 1611 W 5th St.
www.empoweryogaaustin.com
512-472-8884

Date: Saturday, March 13th, 1:30p - 4pm

Cost: \$30 pre-registered - \$35 walk-in
Pre-registration required by 3/5.

You can schedule **Stillness Moves You™**
private coaching sessions by calling:
512-786-6936