

yogaview



11.26.16

GRATITUDE AS THE PATH:
LIVING OUR
YOGA

WITH
STACY
LEVY

Thanksgiving is a time of reflection and gratitude. In the spirit of the holiday, slow down and open yourself up to the beauty of the present moment so you can develop a deep sense of appreciation for everything in this life. Practicing gratitude will help you explore the power of mindful appreciation, and how such a practice can open you up to a life of grace. In this class, we will use yoga as a mechanism to explore the transformative emotion of gratitude while utilizing grounding standing poses to access our strength and foundation, deep hip releases to let go of negative emotions and heart opening backbends to explore where joy resides in our bodies. This upbeat and detoxifying vinyasa flow class will help you to connect to your body, your breath and pave the way for a deep, sweet savasana. The practice will conclude with a candlelight meditation to cultivate focus on everything we have to be grateful for. You'll leave with a greater sense of possibility and deeper connection to the abundance that is available to you in your relationships, and in the world.

CHICAGO
Saturday, NOV 26th
9:30am - 11:00am
Cost: \$20 in advance
\$25 day of



Stacy Levy has been a devoted student of yoga for over 15 years and is passionate about sharing the healing and transforming benefits of the practice with others. She teaches a balanced, alignment-based vinyasa class that incorporates asana, a focus on breath, uplifting music and meaningful yogic teachings. She brings her enthusiasm and joyful curiosity for the practice to her teaching and aims to offer students a sense of empowerment in their own exploration of Self both on and off the mat.