

# The Power of Intention Club

With Sumya Anani

Monthly, Friday Evenings, 7:00-9:00pm (\$15 each session):

- February 22
- March 28
- April 18
- May 23
- June 20
- July 18
- August 15

Remaining dates for Sept-December To Be Announced.

Monthly meetings will contain activities including readings, creative art projects, yoga asana, journaling, and creative writing exercises. Please bring a yoga mat, pen and paper. **You do NOT have to attend every session. Join at any time.**

## OUR MINDS HOLD THE POWER TO AFFECT POSITIVE CHANGE

In Yoga philosophy, intention directs the mind and flows through the body/mind/spirit complex as Prana. That which you hold in your mind eventually crystallizes. Yoga Philosophy provides valuable techniques that help direct the mind and neutralize the force field of ego. We will explore techniques, affirmations and visualizations to help manifest your deepest dreams and desires.

Out with the old, limiting mind-set, and in with the new image of ourselves and our unique, unlimited potential!



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