

# Live Music Yoga Flow

Sunday, Jan 31st, 2-4 pm  
Pacific Cultural Center

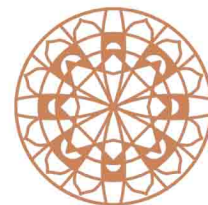
1307 Seabright Ave, Santa Cruz (on the corner of Broadway)

Join Santa Cruz yoga teacher **Delana Thompson** and world music duo **Urban Nature** for a healing, live music, yoga event that will move your soul. Urban Nature uses modern looping technology with instruments from around the world to create a sound that can swell from an intimate, two-piece duo to a ten-piece orchestral tapestry. Their musical sensitivity to the mood and movement of Delana's inspiring vinyasa flow yoga teaching invites students to go on a deep inner journey.

**\$20 in advance**

To register send your name(s) and \$20/person to Delana Thompson at 146 A Creek Drive, Aptos, CA 95003

**\$25 at the door**



**For More Information**

[www.YogaWithDelana.com](http://www.YogaWithDelana.com)

[www.UrbanNatureMusic.com](http://www.UrbanNatureMusic.com)

or call 831-332-1509

