



Courageous Heart Voice of Truth

Blending the yogas of breath, posture, and group song to develop confidence, open the heart, and empower our true voices--
with Delana Thompson and Kristin Ray

Saturday, November 11th

10:30 am - 5:30 pm, Vegetarian Lunch included

Pacific Cultural Center

1307 Seabright Ave, Santa Cruz

In a safe and supportive environment, participants will learn yoga techniques for awakening courage and opening the heart. Then, using an Eastern approach to voice theory, toning, and pitch, we will gradually come into our voices and experience the powerful group and personal synergy of singing together from the soul. For more information:

www.YogaWithDelana.com

www.KristinRay.com

To Register

contact Delana at (831) 688-4473
\$65 - \$80 Sliding Scale, \$30 deposit
reserves your space, Max 15 people

Kristin Ray

teaches voice and song workshops
across the United States and in Costa Rica

Delana Thompson

offers soulful vinyasa flow yoga classes
in Santa Cruz and Soquel

