

Sundance Yoga welcomes

Master Yogi & Founder of Universal Yoga System

Andrey Lappa

Saturday, January 28th: 1:00-4:00pm – *Friendswood Studio both events*

Sunday, January 29th: 9:00-12:00pm

Introduction to Mandala Vinyasa & Universal Yoga

Andrey Lappa leads a brief discussion followed by an all-levels two hour asana practice each session that skillfully weaves asanas, vinyasas, mudras, bandhas, and turns on the mat balanced with accessible concentration practices that are blended throughout the asana practice-- ***a truly transcendent asana experience like no other.*** This practice creates balance both on the inside and outside allowing the practitioner to enjoy unparalleled



*For more
information,
please call:
281-482 9642
425-802-7554*

<http://www.sundanceyoga.com>

*\$45 each three hour session; \$80 dollars if
signed up PRIOR to January 15th*