



AWBURY ARBORETUM

HEARTH AND HORTICULTURE SERIES



Inner Fire Yoga
with Sophie Bernard
Thursday Evenings
January 10th - February 14th
7:00 - 8:30pm

**The Francis Cope House
at Awbury Arboretum
One Awbury Road, Philadelphia, PA 19138**

The primary goal of Inner Fire Yoga is to provide an opportunity for all who have an interest in the practice of authentic yoga, with the principles and methodology which makes it safe, supportive and healthy for growth, relaxation and toning, at all levels. This practice is designed to create a positive and balanced effect on our physical, mental, emotional and spiritual bodies. The sequencing of classes is designed to work through and open the 7 primary energy centers (called Chakras) of the subtle body. Each class includes a spiritually based intention (like appreciation, joy, being in the moment...) with focus on the relationship of the breath and the body. After an hour of sequencing postures based on the intention of the evening, Sophie will guide you through a 30 min. deep relaxation.

Sophie Bernard is a native of France and came to the United States in 1996. She has been doing yoga and Reiki (currently working on her Reiki Master) for nearly 18 years. In 2007, she obtained her 200 yoga certification in Inner Fire Yoga from Yoga on Main. To Sophie, instructing yoga is a way to assist others in becoming fit, healthy and balanced mentally, emotionally, physically and spiritually. Inner Fire Yoga is a flexible discipline and can apply to all types of people. One can deepen their yoga practice to take a more spiritual path or to become more physically fit. The focus is up to each individual practicing the art of yoga.

Cost: \$72 for the series of 6, or \$15 to drop in

Members of Awbury Arboretum receive a 10% Discount on all classes!

**To register by mail, send check payable to “Awbury Arboretum” with “H&H”
and the title of your class in the memo to:**

Education Department
Awbury Arboretum
One Awbury Road
Philadelphia, PA 19138

**To register online, visit www.awbury.org/hearth-hort
Questions? Please call 215-849-2855 x 21.**