

November Yoga & Gratitude Challenge:

[REGISTER HERE.](#)

-----> \$17, 17 days!

Open Levels Asana Vinyasa.

Monday-Thursday mornings in November via Zoom (our "online studio" platform) so you can join from the comfort of your own home.

This class is a blend of posture holds & transition work with a special emphasis on opening to Gratitude during times of uncertainty.

Should you attend all 17 classes (with video on) you will receive your initial month free with enrollment in our Unlimited Yoga Online Membership.

Teacher Pippa Dorfman, founder of Stepping Stone Yoga, offers modifications to those who need to be gentle while she encourages deeper variations to those who are ready. She has been teaching for fifteen years and believes Yoga is our path to open heart wonder.

The two words together, *asana vinyasa*, imply a seamless and intentional practice that weaves breath, awareness, and an inquisition into one's inner world through form. We place intentional focus on ways to find & or build upon the practice of giving thanks.

SteppingStoneYoga.com for more information.



Pippa Dorfman

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