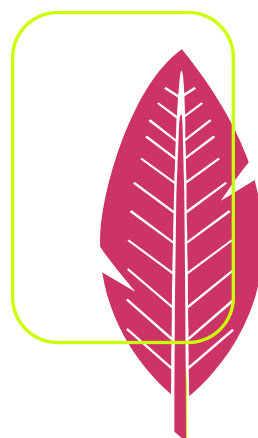
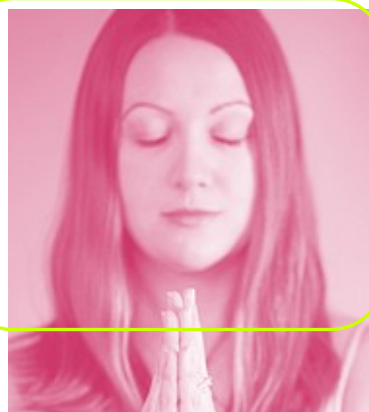
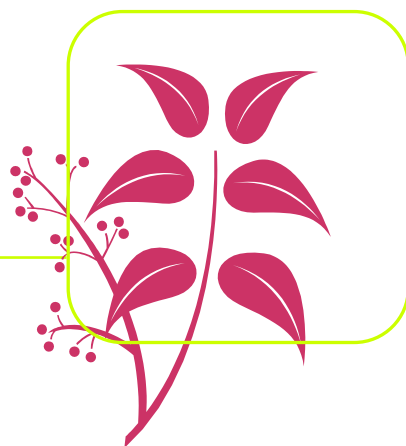


# FIND YOUR FLOW

## VINYASA. DEFINED.

JOCELIN ROMERO, RYT



Have you lost your flow? Was it ever there? Join Jocelin Romero as we (re) discover & unearth our flow. This workshop is a perfect review for the novice or a good foundation for the beginner. We will define what our flow means to us and further discover how we can not only flow on our yoga mats but off our mats in our daily lives as well. Jocelin will take a deeper look at a Vinyasa practice and how it will help us flow. We will further examine what Vinyasa means and its roots.

Jocelin Romero is RYT-200, and received her certification through CITYOGA School of Yoga & Health. She is also on the board of the Indiana Yoga Alliance. You can find Jocelin teaching various classes at CITYOGA and around Indianapolis. Jocelin discovered yoga after undergoing a life changing experience with brain surgery in 2006 and has maintained a regular practice since.

CITYOGA, 2442 N. Central Ave. Indianapolis, IN 46205

**DATE: 05/08/10**

**TIME: 1-3:30**

**CITYOGA**  
SCHOOL OF YOGA AND HEALTH