

# envisionyoga®

manifest & embody your fullest potential

## Envision Yoga Workshop at Yoga Belly Studio

Instantly experience more joy,  
connection, abundance, & love!

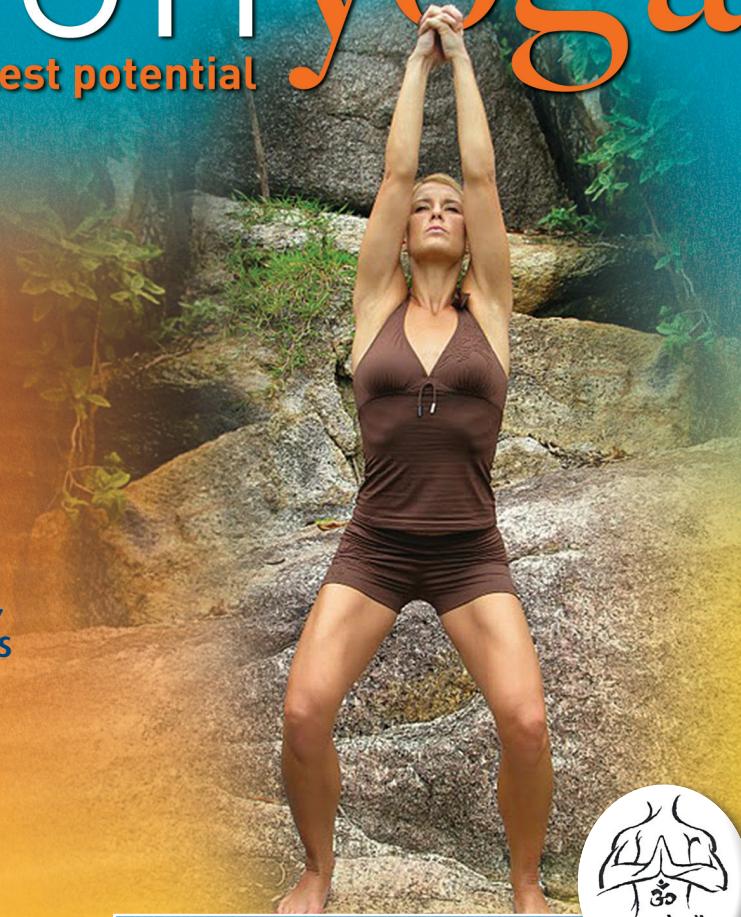
A dynamic, life-transforming practice  
combining techniques from NLP, Hatha,  
and Kundalini Yoga-inspired movements

Envision Yoga is a dynamic, life-transforming practice combining techniques from NLP (Neuro-Linguistic Programming) and Hatha and Kundalini inspired movements. Through the use of personal self-created mantras and partner work, it allows you to reprogram your mind to affect radical change in your life and experience. It is a fast track to move you from a contracted, fearful and limited sense of self, to an expansive, unlimited and free expression of Self.



**Vidya Heisel**, SYT, E-RYT 500 is a master yoga teacher and Vinyasa Yoga teacher trainer with over 30 years of teaching experience. She is the creator of Envision Yoga, a deeply inspired and uplifting practice that is the culmination of her yoga and life experience.

Learn more at [www.envisionyoga.com](http://www.envisionyoga.com)



<b>DATE</b>	Sunday, April 28
<b>TIME</b>	1-4pm
<b>LOCATION</b>	Yoga Belly Studio 455 Castro Street, Mountain View, CA 94041
<b>PRICE</b>	\$45, or \$35 by Wednesday 4/24
<b>TO REGISTER</b>	Email: <a href="mailto:info@yogabellystudio.com">info@yogabellystudio.com</a>

