



50-Hour Yoga Immersion

WITH
LINDA BLACK

SEPTEMBER 30, 2022

**A
Life-Changing
Experience**

Earn 50 hours CE for returning Yoga Instructors



A Yoga Immersion that will...

- **MOVE YOU** - Providing you with opportunities to strengthen physically in your yoga practice through the 5 universal principles of alignment.
- **BREATHE YOU** - Teach the basic principles and science of pranayama. The what, why, where, and how of breathing.
- **enLIVEN YOU** - Take you on a deep journey into the heart of what yoga is through the 8 limbs of yoga and the Ten Living Principles of Yoga.
- **help you BE YOU** - Encourage you on your path of self-discovery. We cater to the individual as you learn the subtle energy systems of the body and honor your authenticity.



Linda Black
Certified Yoga Therapist
HHC, E-RYT500



801-787-2515
lindablackyoga@gmail.com

www.intuneyogawellness.com