

EXPLORING THE BOUNDLESS HEART, A RUMI INSPIRED HEART OPENING FLOW AND GONG BATH WITH DENISE PETERSEN & IRIS EPLAN



SATURDAY FEBRUARY 1, 3:00-5:00PM

Whether you love the Sufi mystic and poet Rumi, would love to know more about him and his work or simply love love, be our guest for an inspired and inspiring afternoon of storytelling, asana and sound with Denise and Iris!

How Rumi became one of the greatest poets of all time truly embraces his famous quote “The wound is the place where the light enters you.” Join Denise as she retells his story, woven into a heart-opening vinyasa flow using mudra and mantra you will get to know Rumi and to understand how through his own brokenness he created his inspirational work.

The flow is followed by Iris who will guide participants through a Kundalini meditation opening up the channels and preparing the body to receive sound.. This workshop will culminate in a 20 minute Savasana, where Iris will “bathe” students in the healing sounds of the gong.

Denise is a 500-hour registered yoga teacher with the Yoga Alliance. She has been practicing yoga since 1999. She received her 200-hour certification in 2004 through New York Yoga under the direction of David Hollander, Michael Gilbert and Govinda Kai. Denise completed a prenatal certification at OM Yoga in 2005. In 2018, she completed an advanced 300-hour training certification through Yoga Life led by Joanne Kane. Some other teachers Denise had the honor of studying with and have greatly influenced her are K. Pattabhi Jois, Sharon Gannon, David Life, Kelly Kamm, Kristin Leal, and Rathi Raja. She is also a Reiki Master who wholly embraces energy healing and believes that Reiki offers a multitude of benefits worth sharing.

Iris Eplan is a KRI Certified Kundalini Yoga teacher, as well as a graduate of Crown of Eternity’s gong resonance training program level one. As a professional singer, the sound current resonates with her on a deep level. She is excited to share the gong-the intuitive art form that heals the parasympathetic nervous system through its vibration.



All levels
welcome!

Investment: \$45 pre-registration, \$50 at the door. Register @ studio or www.yogalifepw.com