

# Inner Fullness

Align with your highest potential

August 8 | 2:00-4:00 PM  
Coastal Bliss Yoga Studio  
1180 Pacific Rim Hwy, Tofino  
[www.coastalblissyoga.com](http://www.coastalblissyoga.com)

Join Suzanne for an afternoon of dyana and dharana (meditation), pranayama and asana. We will explore principles of alignment in order to reveal your highest potential and align with your inner fullness. Empower and unfold with a well-rounded practice, including expansive standing poses, luscious hip and thigh opening, mindful arm balances, earthy inversions and heart-opening backbends. Build heat. Play hard. Radiate your essence.

Register by email at [natalie@pacificelements.ca](mailto:natalie@pacificelements.ca)  
\$25 per person



Suzanne is the primary founder of Yoga for the People in Vancouver, and holds a doctorate within Counseling Psychology. Suzanne is a Yoga Works™ Certified Instructor, an Iyengar and Ashtanga inspired training. Suzanne has spent the past four years studying Anusara's Principal of Alignment with founder John Friend and several of his senior students. Suzanne emphasizes physical and energetic alignment, deep-dynamic-flow, gratitude for the Divine and opening of the heart in order to lead students on a journey of self-discovery, play and expansion.

[www.suzanneslocumgori.com](http://www.suzanneslocumgori.com) | [www.yogaforthepeople.ca](http://www.yogaforthepeople.ca)

