

Igniting Your Inner Fire

with Neve Grace Loehr



Neve is thrilled to be sharing practices to connect you with your inner fire. Agni, the digestive fire, is responsible for transforming limiting beliefs, mental and emotional goo (ama) and physical dis-eases in the body. Ayurveda and tantra come together nicely to bring powerful practices to enhance your knowledge and experience of agni.

We will discuss agni and manipura (3rd chakra)

but most of the workshop will be a practice to cultivate the fire. We will feel agni's heat and power through pranayama, chanting, asana, meditation, and visualization.

When your digestive fire is strong you can process emotions and food properly. Vibrant and active agni positively effects the mind and body to optimize health and manifestation. This is also the area of the solar plexus, which is manipura chakra. The third chakra is responsible for your will power. Sometimes called the energy chakra it is associated with the sun. Your sun, the fire, your intentions and desires, your willpower, manifestation!

The power of the sun is within us. Let's connect with the inner fire for health and balance of body, mind, and spirit. We hope to see you there!

The workshop is \$25 in advance (you can pay on Sattvic's website) and \$30 the day of. If you have any questions contact Neve.

1308 Airline Blvd
Portsmouth, VA 23707
757-663-6125

yoga@sattvicspaceyoga.com
www.sattvicspaceyoga.com



sattvic space