

Celebrate Renewal 2020

Rena Chase

March 21, 2020
12:30-2:30pm
Saturday
Mill Valley
\$40.

The arrival of spring marks the end of the darkest season of the year. As the introspective winter wanes, spring symbolizes growth and fertility, bringing the reemergence of light, warmth, new thoughts and fresh perspectives into the world.

This will be a 'Celebratory' class where we will restore, replenish, and renew all parts of ourselves. The first hour plus will be an all levels comprehensive asana practice where we will clear out and make space within ourselves. We will continue on with several forms of pranayama and meditation to access and activate our deepest wisdom. From intuition, we will conclude with a reflective portion through a powerful writing exercise as the tool to set intention for our lives. From spirit perspective, we will look ahead towards where we are guided to bring our focus in the coming months.

May this practice yield a deep connection to our higher self and become the guiding light towards everything we are wanting for this beautiful new year and decade. Plan on leaving feeling alive, spacious, and fully ready!

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Deeply grateful for having found Yoga, Rena is inspired through the application of it into every part of her life and sharing this with her students. Living the practice of Compassion is the foundation in her approach to all of her teachings. Rena's teaching style embodies this accepting resonance of compassion.

Rena offers a clear, comprehensive asana practice with a strong emphasis on alignment.

What is special about her classes is the way she infuses her warmth and wisdom into her teachings through self-inquiry and quiet pauses. This invokes a spirituality in which is relatable and translatable both on and off the mat.