

# Winter Yoga: A ParaYoga Fire Practice with Mia Park

Presented by: *avani yoga*  
& Highland Park Hospital Health and Fitness Center

**Sunday February 26th, 2012 2pm-5pm**

**Winter is an excellent time to create transformative heat.**

**It's cold outside, let's heat it up inside!**

Expect a lecture about creating Agni (yoga fire), a physical practice that creates internal and external heat, breathing exercises and meditation. Yoga postures will include breath enhanced movements, backbends, and deep twists. We'll end the practice with a guided meditation to awaken your inner fire, the force of Spirit.

This workshop is appropriate for beginner to advanced students.

**Some yoga experience required.**



## **Your Presenter: Mia Park**

Mia is a Chicago based ParaYoga™ Level 1 Teacher. In ParaYoga™, chanting, pranayama, asana, and meditation are woven together to illuminate the best in each student. Mia found yoga while teaching kick-boxing in 2002, and brings a warm, fun attitude to this ancient science of self evolution. Mia was a competing gymnast and studied martial arts for almost twenty years. Yoga offered her the perfect blend of physical well being with internal peace that Mia needed to balance her active life style. She is a 200 hour Registered Yoga Teacher as well as a 200 hour Certified Yoga teacher and has completed over 500 hours of Teacher Training.

**Pre-Registration Required; to register call (847) 229-0292 or visit front desk**

**Fee: Members: \$35 Non-Members: \$40**

For additional information please contact Nickie Silk at [nsilk@powerwellness.com](mailto:nsilk@powerwellness.com)

Avani Yoga is located in the Highland Park Hospital Health and Fitness Center  
1501 Busch Parkway, Buffalo Grove, IL 60089

[www.avaniyoga.com](http://www.avaniyoga.com)

**Register Code: C-3020034**



relax. renew. transform.



Highland Park Hospital  
Health and Fitness Center  
in Buffalo Grove