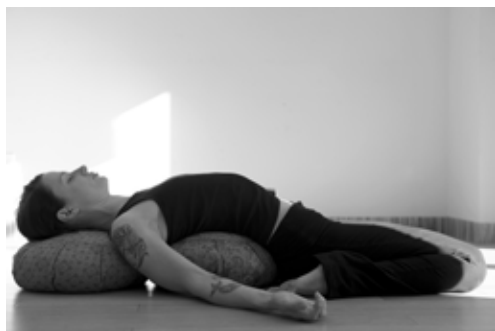
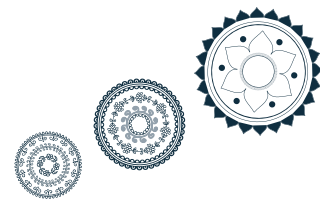


kaia yoga presents
expanding into spring



*with
jillian
pransky*

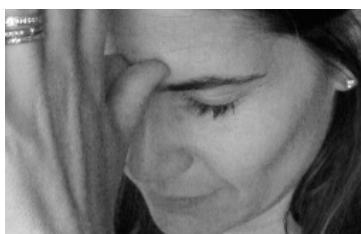


May 15th
11:00 – 1:00pm
Greenwich West
\$45

a renewing restorative experience

Come join Jillian Pransky for a two hour journey of deep release and rejuvenation. She combines cleansing slow-flow yoga and pranayama, restorative yoga poses, and deep relaxation to leave you feeling tension free and radiantly renewed.

jillian pransky



Jillian Pransky is a New York City/New Jersey based yoga instructor. She is Director of Restorative Yoga Teacher Training for Yoga Works Nation-wide, co-director of Bright Spirit Yoga Teacher Training, and leads programs at Kripalu, Omega, and other international venues. Known as a nurturing guide with uplifting energy, Jillian's teaching focuses on bringing the practice of yoga and meditation into everyday life.

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life more pure.

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