

*kaia yoga presents*

# the power of intention, on and beyond the mat



*with  
max strom*



## the power of intention, on and beyond the mat

Hydrogen and oxygen, depending on how they are mixed together, can produce either fire or water. In this way asana practice, intention and breath produce either “just exercise” OR revolutionize our lives. This flowing workshop begins very gently and then builds momentum. At the apex of heat and breathe we move directly into a special sequence of asanas, which bring the mind into stillness and the body into a new state of energy. This class is both challenging and very healing.

Friday April 16th  
10:00 – 12:30pm  
Greenwich West

\$35 pre registration  
\$45 at the door

## max strom



Born with severe clubbed feet, Max Strom spent much of the first six years of his life with his feet confined in plaster casts and braces. Today, he is known for inspiring and impacting the lives of his students and has become one of the most respected teachers of personal transformation and yoga worldwide, guiding his students to grow into happier, healthier, and empowered human beings. He has taught tens of thousands of students, and trained several hundred teachers. He is the author of the new book, *A Life Worth Breathing*, (Skyhorse, 2010), and you can see more of his work on his DVDs, *Learn to Breathe*, to heal yourself and your relationships, and, *Max Strom Yoga – Strength, Grace, Healing*. [maxstrom.com](http://maxstrom.com)



**life more pure.**

info@kaia yoga.com  
203.532.0660  
[kaia yoga.com](http://kaia yoga.com)