

# Sacred Movements

Inquire within

If you need extra guidance we have some unique offerings that can help you tremendously!



The focus of these offerings is the link between martial arts, healing, & spirituality & its relevance to modern everyday living.

This unique experience will show you how to utilize your physical body to understand the things you are a part of & define, cultivate, & efficiently express, in any circumstance, your thoughts emotions, capacities, values, beliefs, & world views for the well-being of all.

Offerings include a free intro event, five 90 minute classes, a weekend intensive, & private sessions for individuals or small groups.

If you value & desire peace, integrity, & well-being in your life this is something you definitely do not want to miss!




## DATES:

February 15th - 24th

## PLACE:

Rising Sun Yoga  
5225 Sheridan Dr  
Williamsville, NY 14221

## MORE DETAILS:

-  [risingsunyoga.com](http://risingsunyoga.com)
-  @risingsunyogacenter
-  (716) 632-5802

