



# INTRODUCTION TO YOGA THEORY AND MEDITATION



**Vicky Salmones, CYT,  
ICRT Reiki Master**

## Deepen Your Yoga and Meditation Skills

Join Vicky Salmones, a long-time certified yoga teacher of both Hatha and Kundalini Yoga, for two fabulous workshops! Enhance your knowledge and understanding of both yoga and meditation and more!

### [July 13 Saturday # 1 / 12:30-3:30 PM](#)

This class covers the purpose of Yoga and Meditation, with basic practices of both with the use of Asana (Poses). Our practice for today is Restorative Yoga, which is a type of Meditative Yoga. Vicky will play the Crystal Bowls during a Guided meditation to raise your inner vibration to a higher level. You'll learn a lot, but go home refreshed and relaxed and feeling like the happiest yogi ever.

### [July 27 Saturday # 2 / 12:30-3:30 PM](#)

In this class we'll dive in deeper as we explore Meditation practice using Pranayama, Mudras and Mantras. We will also cover Sound Healing and its role in meditative practice. We'll work up a sweat with a Kundalini Yoga Set, ending with a Gong Bath for healing and clearing of the chakras. Not only will you finish the class overflowing with info about where and what the chakras are, you'll get those spinning wheels of light squeaky clean!

#### **Details:**

**Yoga Lola Studios, 1701 HWY 3 S, League City, TX 77573 / 281-684-3168 /  
Register on-line at [www.yogalola.com](http://www.yogalola.com) /**

**Investment: \$45 for 1 class; \$80 for both / no refunds after July 5 /  
minimum of 8 students required**