

# Ecstatic Prana Dance

WITH COBY KOZLOWSKI



yoga mandali™  
yoga for EVERY body

For further information  
please call **518.584.0807**  
or visit our website at  
**www.yogamandali.com.**

**Yoga Mandali**  
**454 Broadway**  
**Saratoga Springs, NY 12866**

## Ecstatic Prana Dance & Movement Meditation

**Sunday, March 4<sup>th</sup>, 2-4PM**

**\$35 in advance / \$40 at the door**

**Register online at [www.yogamandali.com](http://www.yogamandali.com)**

Yoga Mandali is excited to welcome back Coby Kozlowski! Come uplift your spirit and tap into the pulse of life as you celebrate, flow, move, dance and meditate like never before. Indulge into conscious dance into movement meditation in this ecstatic and joy-filled workshop for all levels. Ecstatic Prana Dance and Meditation is a journey and experience of living life fully and letting the entire self be expressed. Before beings ever practiced being they simply played, explored, danced, laughed, and shared. This is a workshop to embrace all aspects of life and soak in the bliss of being alive.



**Coby Kozlowski**, MA, E-RYT, Kripalu faculty, a professional life coach, inspirational speaker, yoga and dance teacher, expressive arts therapist, and expert in transformative leadership,. She is the co-founder of Souluna Life Coach Certification and Sacred Lasya Yoga Teacher Training and creator of Ecstatic Prana Dance. She is deeply called to inspire freedom, possibility and full expression. Along with her passion for her work and her fierce commitment to a path of love, she is a poet, artist, skier, surfer, triathlete, ultimate frisbee player, fire spinner, and lover of adventure (most recently, the trapeze!). For more information visit [www.cobyk.com](http://www.cobyk.com)