

# From ALIGNMENT to ENLIGHTENMENT e-Book Launch Celebration

Friday, April 3, 2020  
6:00 - 8:00 pm

Come help us celebrate the release of **Alignment to Enlightenment**, a yoga book by the collaborative efforts of talented women from our local yoga community.

*From Alignment to Enlightenment* is a compendium of ways to use props to enhance the practice of yoga. This book focuses on both the physical and energetic bodies, and is intended for all students of yoga and yoga instructors who want to optimize the practice of yoga asana.

In this book you'll learn how to:

- Identify common misalignments in your postures
- Use props to modify poses and cultivate safety
- Incorporate an understanding of the energetics of yoga through the chakras and prana vayus into your yoga sequences

If you want to make your practice more stable, easeful and effective, both physically and energetically, this book is for you.

**Join in the Celebration on April 3!**

- You'll get a chance to see physical copies of the book and meet the collaborators!
- Wine and Desserts will be served.
- Yoga Bones T-shirts from Aurora Yoga Center will be available for purchase. (Accept cash or checks.)

**Please let us know you are coming.**

Register for FREE on-line at [prairieryoga.org](http://prairieryoga.org)

Click workshops and special events tab.

