



# THE ART OF FLOWING INTO 2019

**No prior experience necessary.  
All levels welcome.**

Gain a powerful start to the New Year by gathering in community and learning tools to keep your frequency high and positive to support you in creating your 2019 desires. During this special event, yoga, meditation, and fun exercises will lead you to anchoring your intentions in your body and psyche. Learn how to stay in a state of flow and create with ease and effortlessness as we navigate 2019 together. What you will take away:

- You will learn fun tools to support you in staying in a state of flow
- Get inspired to make the change you have been desiring
- Build relationships that will offer you accountability towards your goals
- Craft your daily practice for keeping your frequency high

## **KATIE B. SMITH**

Katie B. Smith is an Executive Coach, Author of *Be Happy Now* and KRI certified Kundalini Yoga instructor who believes that seeking to uncover and align with our authentic selves is vital to our becoming the best we can be. A student and teacher of yoga for over 25 years she has introduced her program to corporations and individuals. She teaches techniques that deal directly with the physiological and mental causes of stress in an accessible and easy style for the average householder. Her clients often comment on her unique ability to help them identify tangible goals with personal and professional meaning, allowing them to experience more freedom, higher income, greater business results, and greater peace of mind.  
<https://katiebsmith.com/be-happy-now-book/>

### **DATE**

**Tuesday, Jan. 1st**

**TIME 4:00-6:00pm**

**PRICE \$30**

**Bring: Journal and water**

### **LOCATION**

Kundalini Yoga Denver  
3401 West 29th Avenue  
Denver, CO 80211

[KundaliniYogaDenver.com](http://KundaliniYogaDenver.com)

Complimentary Yogi Tea  
available for all students.

