

April, 7-28, 2023

Yoga Out Loud

Company: MOTiVE Brooklyn

Venue: MOTiVE Brooklyn

Location: Brooklyn, NY

► [Share](#) | [Print](#) | [Download](#)



Meredith Glisson

YOGA OUT LOUD

4-WEEK YOGA CLASS SERIES FOR GOAL SETTING PRACTITIONERS

in-person + sold as a 4-class series*

\$80 / class series

INSTRUCTOR: Meredith Glisson

CLASS SERIES

Friday, April 7 @ 9am - 10am

Friday, April 14 @ 9am - 10am

Friday, April 21 @ 9am - 10am

Friday, April 28 @ 9am - 10am

This yoga class series gives space for self reflection and setting achievable goals while being supported by a cohort of practitioners. Over the course of a month, a committed group meets weekly to participate in an embodied practice of breathwork, writing, and yoga towards a specific intention. So if you are looking for a physical practice that incorporates goal setting strategies with personable support— come join us!

WEEK 1 - DREAMING IT

Take that moment that we never take to ask ourselves what do I really want? What's a dream scenario? The seed sits in the palm of our hand.

WEEK 2 - SAYING IT OUT LOUD

I know what I want, so now what? Say it in whispers, in shouts, set it up, and bring it out in the open.

WEEK 3 - WORKING THROUGH

We get stuck. Keep moving, and new things will come. People show up, inspiration will be stirring, and senses will vibrate.

WEEK 4 - GETTING THERE

Alright, take a breath, take a rest. You did it. You got somewhere. You did something. And that sensation of accomplishment feels so good and is contagious that you'll want to try it again.

*This is sold as a 4-class series with a start date of April 7th. There is no individual class purchase available.

MOTiVE Brooklyn

68 Jay Street Studio 621, 6th Floor

Brooklyn, NY, 11201

<http://www.motivebrooklyn.com/classes>

Schedule

April 7, 2023: 9:00am

April 14, 2023: 9:00am

April 21, 2023: 9:00am

April 28, 2023: 9:00am

[< back](#)

[previous listing](#) • [next listing](#)