

# YOGA MUSIC & MEDITATION

with Scott Laurenza

10am - 11:30am Saturdays, Starts Sept 14, 2013



*These classes are accessible to students at all levels of experience.*

## Yoga, Music, & Meditation

This class includes yoga, relaxation, and meditation to the sound of sacred Kirtan chant and indian classical music.



Originally from Washington D.C. area Scott Laurenza began studying music and martial arts at an early age and learned a great appreciation for the variety of cultural influences in the area. This led him to appreciate the spiritual aspects of martial arts and he began to study Qigong, Tai Chi, yoga, and meditation. Attending Colorado State University, he studied Cultural Anthropology and took further interest in spiritual traditions and mysticism, as well as continuing to study music. While there he was introduced to Latin dance and later became a certified Ballroom and Latin dance Instructor. He became a Certified Yoga Teacher in 2006 while continuing to teach Latin and Ballroom dance. He has received training in Indian Classical Music and has continued to play music in other forms as well. He has taught Hatha yoga, Kundalini yoga, meditation, music, mantra, and meditation classes and workshops in Virginia and North Carolina, as well as teaching Latin and Ballroom dance independently, and continuing to play music professionally.

**10 Wk Program: Sept 14 - Nov 16 • \$100**

**(Includes Tranquility Nature Trail access and a \$25 off coupon towards 1 Wellness Treatment)**

**Pre-registration required • Program space is limited • Drop-ins available, must be prearranged**  
**Call for space availability • To register or for more information:**



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