

# PURA VITA

Sustainable Yoga by Cosetta Romani



Saturdays in 2012

April 28

May 26

June 30

July 21

8:00 - 10:00 p.m.

## Pura Vita Yoga Trance Dance

A healing journey, a dancing prayer around the ancestral fire.  
Come to express your individual freedom within the collective.  
It is a sacred way to celebrate our birthright to life.

Deeply inspired & trained by Shiva Rea and shamanic traditions.  
No previous dance experience required.  
Dress creatively and comfortably.  
Bring a REuseable water bottle, curiosity & an open heart!

[www.puravitayoga.com](http://www.puravitayoga.com)

at Kula Movement  
5340 Ballard Ave NW  
**\$20**

**call or email to register**  
206 972 2999  
[info@kulamovement.com](mailto:info@kulamovement.com)