

The Power of P.L.A.Y

Power Living Masterclass

w **KristiClark**▶



29 November 2013 | 6.00pm - 8.00pm | \$55 NZD

▶**Tiaki Pilates, Yoga and Physio** - Level 1, Quinovic House, 32 Kent Terrace, Wellington

Join Senior Power Living Facilitator, **Kristi Clark** for a **Masterclass** that will unleash your inner potential for power and playfulness. Kristi is a former Olympic-level athlete who has spent the last six years as an international Power Yoga teacher.

The Power of P.L.A.Y Masterclass will focus on teaching you the foundational Power Living asana sequences and philosophy that will enable you to playfully discover more challenging and out-of-the-box postures. Uncover the potential to truly connect to your physical body and use it as a tool for self-discovery and empowerment. Get ready to be pushed to your edge, find an untapped, hidden power within yourself and learn how to approach your practice from a place of non-judgment and joyfulness.

Kristi has worked alongside P.L.A.Y Founder, Duncan Peak and the senior facilitation team to train hundreds of students and teachers across Australia and New Zealand. Power Living is known for being the leader in the most accessible and relevant modern yoga and spiritual practice across Australasia.



Kristi Clark
Senior Facilitator



To register contact **Tiaki Yoga and Pilates:**

Direct: +64 4 8910595 | Mobile: +64 0 21 767347
rachael@tiaki.net.nz | www.tiaki.net.nz

