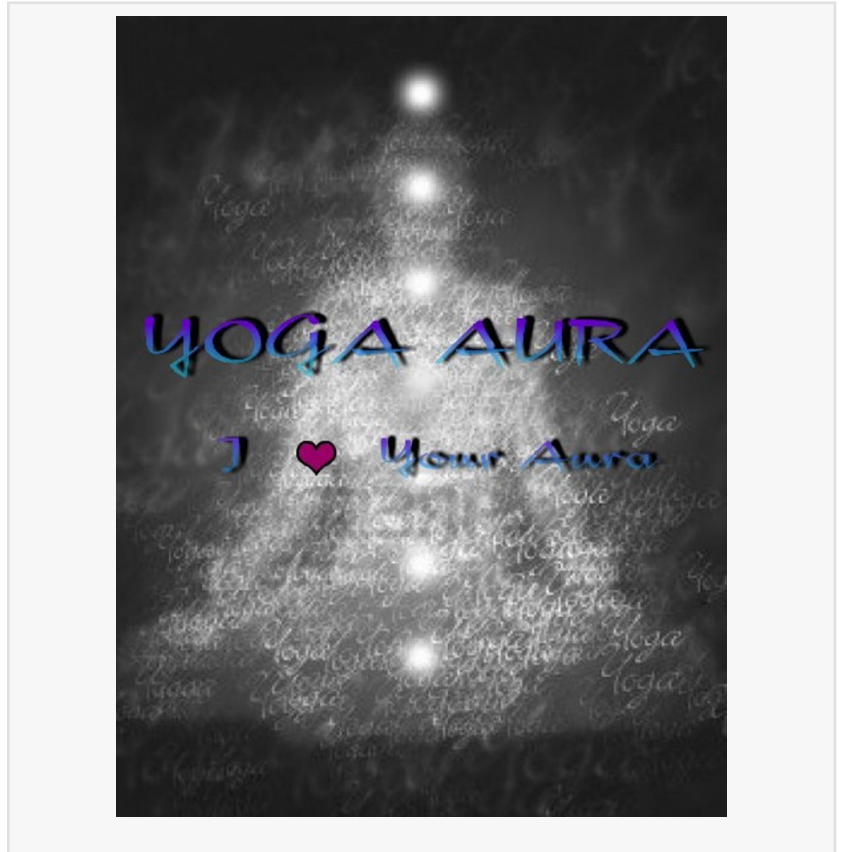


Yoga Aura In Boca Raton introduces Yoga Workshops For All Level Yogis

I would like to introduce you to Yoga Aura, the yoga studio in Boca Raton, Florida. Yoga Aura's space is designed to inspire and enlighten!

BOCA RATON, FL, USA, September 25, 2014 /EINPresswire.com/ -- "Our goal is to empower our students to 'believe they can,' and to do things they never thought were possible

[Yoga Aura](#) has classes designed for all levels - beginners as well as more advanced practitioners. Some of the many classes offered are Hot Flow, Hot Power, Hot Candlelight Flow, Yin Yoga and more. For those looking for a bit of excitement, Yoga Groove class is done to House/Dance music with a fantastic light show on select dates. Yoga Aura is the only studio in the area that features this type of class.



Yoga Aura believes "everybody should do yoga." It opens our eyes to what we never thought possible of our body. Yoga Aura is also known, as Hot Yoga Boca Raton and conveniently located just 3 miles south of [Delray Beach](#).

If you're feeling a bit overweight or just plain out of shape, yoga will increase muscle tone and burn calories. One session of hot yoga can burn 600-700 calories per hour. Consider maybe a Hot Power or Hot 26 class is for you. Perhaps you love the burn of weight lifting and the relaxed Zen-like feeling of yoga. If so, try our Hot Yoga Sculpt class practiced with hand-weights. No matter what your age, yoga is for everyone!

"At Yoga Aura everyone is welcomed with open arms! Please feel free to check them out on Facebook at <https://www.facebook.com/YOGAAURALOVESYOURAURA> for fantastic opening special prices or just drop in for a visit, conveniently located at 2910 B North Federal Hwy, Boca Raton FL 3341."

Namaste

Yoga Aura
www.yogaaura.com

Upcoming Workshops
Have you ever asked yourself...
"Am I doing this right?"
Come to find out!

Saturday, October 4th, 2-4 pm
Find Your Yoga Workshop
with Laurie

This workshop shall feature a unique introduction to meditation, the foundation to yoga. Learn how to use your breath to enhance your postures and discover proper alignment and modifications in common postures!!

You will leave with a new understanding of yourself.

Saturday, October 18th 2-4pm
Coming into Balance Workshop

with Laurie

Discover how to balance in your yoga postures; come to balance your chakras and find the space to balance your busy life.



A BEAUTIFUL DAY FOR YOGA

“

“Yoga will always be transformational, even when it stops being cool.

Victoria Moran

(\$5 discount for Yoga Aura members)

Pre-register in studio or call 561-409-0811.

Workshop hours will count toward Yoga Aura Teacher Training

to start in January.

PRICING:

\$30 Pre-registration

\$35 the day of the Workshop

Laurie Levenstein
Yoga Aura
561-409-0811
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

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