

SOUL SPACE MAUI RENEWAL CENTER

Aakara Wiegand
Community Speaker

This evening will be an introduction of gentle, restorative yoga. From this interior place, we will move into creating art on paper. All are welcome to this monthly presentation.

*By Donation
Bring Yoga Mat or Towel
For More Information Call
808-280-9634*

The intention of Soul Space Maui Renewal Center is to offer a safe space where people can bring balance to themselves physically, mentally, and Spiritually.

Yoga & Art For Healing Tuesday September 21st 6:30-8:00 p.m.

Aakara is an instructor of Embodied Yoga; a gentle, restorative approach to yoga. She been an educator and has studied yoga for 10 years.

Her passion for Art came from needing to express herself, while she was limited in the use of language. She is a self-taught abstract artist, who paints and draws to mirror the beauty which lies within.



*Aakara Grace Wiegand
Certified Yoga Instructor
Abstract Artist & Teacher*

*Allow her to guide you in an evening of gentle yoga, exploring through the body, spirit & soul; moving through breath, into healing. Then create on paper, a reflection of this intimate experience with you and become a witness to the artist that lies within.
All are encouraged to come.*

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