

“Vigorous, Graceful with a Spark” Chronicle
“Guru of Meditation” SF Bay Club Magazine

Bikram Yoga Cambridge Cambridge, Massachusetts
www.bikramyogacambridge.com

December 9, 2017 Saturday 12 p.m.

Yin & Pranayama with Joti Gore, D.O.M.P/ERTY500

A practice of yin yoga and breathing techniques to help with stress, inflammation, pain, and increase of flexibility and injury prevention. In this joint specific based yoga practice, we hold each posture for 3-10 minutes and do a myriad of yogic breathing technique to promote calm, stress reduction, direct energy flow to promote peace, healing and flexibility.



December 10, 2017 Sunday 12 p.m.

Chakra Meditation & Sound Concert with Joti Gore D.O.M.P/ERYT 500

A practice of guided meditation to restore, rebalance, and rejuvenate with an exploration of sound frequency to balance the body, mind, and spirit.



Joti is an international touring ERYT500 & CAYEP, Senior lecturer and Curriculum writer, Osteopath, Reiki Master, and fitness expert who lives in Melbourne Australia and is a holistic health practitioner and performing artist who uses sound frequency, yogic breathing, meditation, visualization, and other holistic arts to promote healing, stress reduction, recovery, and balance of body, mind, and spirit. Check out www.jotimusic.com

