

SHAKTI RHYTHMS YOGA AT OCEAN YOGA

✧ FLOW YOGA CLASS THAT ✧
✧ ALIGNS THE PULSE OF ✧
✧ CONTEMPORARY MUSIC AND ✧
✧ ENERGETIC BODIES IN MOTION ✧

Wednesdays 11-12AM at Ocean Yoga Center

SHAKTI RHYTHMS IS A FULL-ENERGY VINYASA YOGA CLASS LED BY CERTIFIED YOGA TEACHER AND FOUNDER OF HARDCORE OHM, ABBIE BRITTON. POSTURES AND SEQUENCE IS COMPELLED BY THE BEATS OF MELLOW CONTEMPORARY MUSIC. . . AND A DEEP CONNECTION TO THE BODIES' OPTIMAL ALIGNMENT. **COST IS \$60 PER 6 WEEK SERIES.**

✧ SHAKTI RHYTHMS *SUITABLE TO ANYONE WHO MOVES REGULARLY*



Abbie Britton, creator of Hard Core Ohm, lives what she teaches: a fully functioning athlete after total hip replacement at an early age. She knows the value of balanced performance training. Britton is a lifelong fitness professional: yoga instructor, master spin teacher, experienced body worker and holds multiple group training certifications. Britton has trained athletes in alternative methods and taught meditation for over 25 years. Clients include Marvel Smith, former NFL Left Tackle, Danny Granger of the Indiana Pacers, Mike Petrone, 2002 heavyweight Mixed Martial Arts Champion, and most notably, her son, Eben Britton, the starting Right Tackle for the Jacksonville Jaguars and...a yogi. Call Abbie 818-220-8440



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