

**Move + Meditate: a weekly dose of FUN, primal, organic, rhythmic release through yoga, dance, & meditation for the whole family!**

### **About this Event**

Are you parent taking care of your little one?

Are you a stressed care taker needing to find your OWN fun, creative balance , wanting time for yourself---- but have your hands full?

# **MOVE + MEDITATE**

is a perfect way to entertain and connect with your kids, and still receive the benefits of what yoga + meditation offer.

**Movement is Medicine, and Meditation leads to bliss.**

**Let your soul be the guide in this rhythmic journey inward.**

Start your weekend off the right way:

- balanced
- in bliss
- happy
- releasing the prior week's energy
- embodying peace
- having fun
- inviting the body to revisit it's natural, primal, raw state

Can I take class without prior knowledge? YES.

Can I take class with my kids? YES.

Is there an age limit? NOPE.

We are all born with an innate primal rhythm. This class helps us reconnect back to that **FUN**, authentic energy, and back to our inner child. 😊🌟

Meditation is essential for mental and physical well-being. This class combines the ✨essence\*✨ of Yoga with the ✨soul\*✨ of Dance. We hack the nervous system with ancient tools of kriyas (spiritual awakening), mantras, specifically guided movements to tap into your 'FLOW' state, and unbound limitless conscious field of intelligence.

And the greatest thing, is that kids will be introduced to this fun way of learning about yoga, meditation, and dance with YOU! 🙋🧠😊

**We get raw.**

**We get unapologetic.**

**We get primal.**

**We get real.**

**We get back to WHOLEness - One - pure unconditional genius.**

✨**Sacred Saturdays in October - 9am EST** ✨

Reserve your virtual mat:

<https://www.eventbrite.com/o/nikki-baksh-organic-body-sculpting-3599101581>

Let's surrender to our unlimited potential. See you on the mat!

Namaste.

Nikki 🌟

Who am I?

I'm a conscious creator, human rights activist, spiritual guide, meditation + yoga teacher, transformative artist and writer. My name, Nikki Baksh, translates to Giving Goodness, which is what I aim to share with humanity....goodness.

As a scholar and yoga teacher with over 1000 hours of in depth comprehensive knowledge of meditation, dance, yoga and interdisciplinary studies, my teachings are a unique combination of modern spirituality, steeped in ancient wisdom.

Combining ease, grace, laughter, love and acceptance, I love to breathe light and humor into deep roots through each class, workshop or artistry that I create.

My asana + movement flow classes, allow freedom to explore individuality within structure. This union and harmony with our highest potential and pure limitless capabilities allow for integration of our true nature ---ONE-NESS--- to be breathed into every cell of our bodies.

This invokes healing. Healing happens by calling forth pure consciousness, unbound, unlimited potential into every cell of the body.

Through planting and cultivating new seeds for deeper gratitude, love, humility and compassion, we essentially start to rewire new neural pathways, creating new patterns to create the life truly desired.