



## **Shakti Power Yoga Nashville and Master Yoga Instructor, Sid McNairy, to Host “Living the Dream” Workshop**

**Proceeds from the Empowering All-Day Yoga Flow and Workshop will Benefit the Oasis Center**

**Nashville, TN – For Release January 3, 2014** – Shakti Power Yoga Nashville and Master Yoga Instructor, Sid McNairy of Sid Yoga, will host their inaugural “Living the Dream” Yoga workshop Saturday, January 18, 2013 from 9am – 5pm, at the historic Bridge Building located at 2 Victory Avenue Nashville, TN. Individual and group rate tickets are available at Shakti Power Yoga Studio at 65 Music Square East or at [www.shaktiyoganashville.com](http://www.shaktiyoganashville.com). A limited number of tickets are available and reservations are filling up fast. Proceeds from the event will benefit The Oasis Center, a nationally recognized organization on a mission to help young people move into a happy, healthy and productive adulthood.

The empowering all day yoga flow and workshop, led by Sid, will feature two powerful yoga asana classes/workshops. Participants will also practice discovery techniques through self-study to understand a deeper life within, meditate for peace, and connect to a larger community to expand the peace within. It will be a day of self-discovery, community and FUN! Whether participants are brand new to yoga or a seasoned yogi, the day with Sid will leave yogis lighter, more focused, and empowered to make dreams a REALITY!

Sid McNairy is a celebrated yoga instructor who owns Sid Yoga in Towson, Maryland and who trained under teachers such as Baron Baptiste and Rodney Yee. A former football coach for Northern Illinois, Sid got into yoga to help his players heal their bodies. For more information on Sid McNairy, visit [www.sidyoga.com](http://www.sidyoga.com).

Shakti Power Yoga Nashville is an intimate yoga studio located in the heart of Nashville’s Music Row. Owners, Kelly Farina and Lauren Farina opened their doors in September, 2012 to empower students on and off the mat. Shakti Power Yoga offers several classes each day of the week and is more than just a place to take a class. Their practice is rooted in gratitude, and focused on building strength, balance, and flexibility through a challenging and energizing Power Yoga practice. For more information on Shakti Power Yoga and for class schedule and pricing, log on to [www.shaktiyoganashville.com](http://www.shaktiyoganashville.com).

The Oasis Center provides at risk youth a connection to a caring adult, a safe & secure environment, and empowerment to make better choices. The Oasis Center is a nationally recognized organization on a mission to help young people move into a happy, healthy and productive adulthood. For more information on The Oasis Center, visit [www.oasiscenter.org](http://www.oasiscenter.org).

The Bridge Building is a historical landmark located on the waterfront in downtown Nashville. For more information, visit [www.thebridgebuilding.com](http://www.thebridgebuilding.com).

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Contact: Kelly Farina - [kelly@shaktiyoganashville.com](mailto:kelly@shaktiyoganashville.com) - 615-942-8100

Lauren Farina- [lauren@shaktiyoganashville.com](mailto:lauren@shaktiyoganashville.com) - 615-942-8100



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