

Still & Quiet

Restorative sequences for resting, headaches, thyroid balancing and normalizing blood pressure. Bring a strong dose of stillness and quiet to the body and mind.

\$15 per session

Wednesday, April 19, 6-7:30pm
Friday, April 21, 1:30-3pm

Wednesday, April 26, 6-7:30pm
Friday, April 28, 1:30-3pm

April Anatomy

vital organs in clay

For yoga teachers and students who are interested in deepening their knowledge of the human body to inform their teaching or their practice. We will build human anatomy using clay which is a powerful way to commit this information to memory and together with asana practice we will map the knowledge directly to the human body. There will be discussion of the anatomy as it relates to yoga postures, common injuries, and how to prevent and/or work with these injuries.

Sunday, April 30, 2-4pm, \$30

May Sadhana Practice

Commit yourself to any 12 days of practice in May.

Sadhana means committing yourself to a practice goal to deepen your practice. Abhyāsa is repeated practice performed with observation and reflection.

Attend one class per day for 12 days for \$96 (\$8 per class)



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