



Up Against the Wall...
With Judy Brown, CIYT
Saturday, December 7
1:00 - 3:00 pm
\$45 until 12/4 \$50 thereafter

The world has walls. It's a prop we can use most places we practice yoga. Explore asanas at the wall to feel alignment, to press and extend, to lift & twist. See how this work supports the strengthening of the legs, spine, upper back, neck & shoulders. See how use of the wall supports our inversions and assists in inversion variations.

Asanas will be taught in stages and with a variety of props so everyone can find their pose.



This workshop is appropriate for all levels of students! Come join us at the studio!

Purchase Now!