

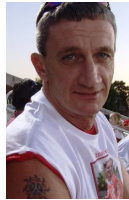
Yoga 101 Beginner's Workshop

Sat 2/19/2011

from 11:30 AM - 1:30 PM

Dynamic Yoga & Fitness Studio

\$17 early bird discount before 1/26. \$30 at the door



Dynamic Elite Members FREE, email your RSVP.

Friends and Dynamic Pass Members please book workshop online.

Specifically designed for beginners, yoga 101 is a warm, safe environment where everyone else is new to Yoga too. Over the course of this workshop you are given a brief background of Yoga, taken through the foundational postures one at a time, and receive alignment cues, emphasizing what is most important. After each pose is demonstrated, you'll have the opportunity to try it yourself while getting immediate feedback and adjustments to help you. Your questions are encouraged and serve to help others in class gain a deeper understanding. Please ask.

Specifics covered in this Yoga 101 Workshop.

- *What Yoga is and what makes this Vinyasa so special.
- *A full explanation of the breath we use, commonly called ujjayi.
- *How to link your breath to movement as we move from one pose to the next.
- *Step by step guidance on the foundational postures and how to make "modifications" or adjustments to fit your needs and abilities. Come prepared.
- *Arrive 15 minutes before the workshop begins.
- *Wear comfortable exercise clothing that allows for movement.
- *Bring water, towel, and Yoga mat.

RSVP \$17, Early Bird \$12. Elite Members FREE.

~Instructor- Bruce Shoemake, RYT/ Enhancement+ Assisting- Lisa Ware, RYT~

Dynamic Yoga and Fitness Studio

558 Bluebird Lane Red Oak TX 75154

469.437.1334 dynamicyogaandfitness.com