

Upcoming Workshop- *Explore A Pose*

Have you ever thought you would like to work on a particular pose during your regular yoga class, but there just isn't enough time?

Explore A Pose is about taking the time to unwrap the mystery and progression of any pose of your choosing. Each workshop participant selects a pose that either is a challenge or one in which you seek to understand the pose more fully, yet safely.

Each pose is broken down from its most fundamental beginning with different progressions and variations being offered.

This workshop is suitable to ALL LEVELS of yoga practitioner.

It's a fun, experiential and playful workshop.

Date: Saturday February 25, 2012

Where: The Urban Yoga Center, Palm Springs

Time: 1-3:30 pm

Cost: \$29

Sign up by contacting:

fitnessbeyond@aol.com, 760-333-2339

Taught by Jayne Robertson (Desert Yoga Therapy & Urban Yoga Center), this workshop has been well received at retreats and is able to deepen the yoga experience and education for all participants. She offers a playful experience based on solid practical teachings, advanced education and many years working with groups and individuals. This is underlined by a quick wit and sense of humor, welcoming all to participate in a non-judgmental and fun atmosphere.

