

Arm Balance & Advanced Posture Workshop

STEPHANIE TENTER

Beginning this workshop with techniques to open the body we will move in to an advanced asana class with a focus on transitions between asana (poses).

Preparing our bodies for peak poses and exploring what entry props we use to condition our body to 'fly' safely, we will work with:
Bakasana, Astavakranana and Eka Pada Koundinyasana

***Not suitable for beginners - participants should have at least 6 months consistent yoga practice.**

SUN 24 MAR

2 -4 PM

STUDIO B

\$30 MEMBER \$40 NON MEMBER

The logo for UpDog YOGA features the words "UpDog" in a large, green, cursive font, with "YOGA" in a smaller, grey, sans-serif font directly below it. The background of the entire poster is a photograph of a woman with long brown hair, wearing a black top and teal leggings, performing a yoga arm balance pose (Bakasana) on a light-colored wooden floor. She is smiling and looking towards the camera.