

The Heart of Yoga

with
Garry Alesio



An Introduction to Yoga Workshop Series

The Heart of Yoga workshop series is an invitation to learn and experience yoga FUN~damentals. The workshops are highly recommended for beginning yoga students as well as more experienced yoga students who are interested in exploring, deepening and taking your practice to the next level. The Heart Of Yoga is a progressive series that will playfully guide, inspire and empower you on and off the mat. It can be enjoyed individually or as an entire series that offers the unique opportunity to integrate and build on what was learned in the previous workshops, while preparing for a final Yoga Celebration of a strong commitment to yourself and your practice of yoga. Each week we will be setting our intention and applying the Anusara Principles of Alignment to the most basic of poses in each of the Asana categories. Also included every week will be Sun Salutations, Core Strengthening, Pranayama, Meditation, Restorative Poses Relaxation and the proper use of yoga props.

The Heart Of Yoga
A Full Spectrum Introduction to
Yoga
Jan 4th, 2009

Going Inward
Hip Openers /Forward bends/
Twists
Jan 11th, 2009

Opening The Heart
Backbends/Standing Poses
Jan 18th, 2009

The Art of Floating and Flying
Hand Balance/ Inversions
Jan 25th, 2009

Chakra Yoga Celebration
A Wild & Fun Yoga practice to
Awaken & Nurture the Mind,
Body, and Soul
Feb 1st, 2009

"In stages, the impossible becomes possible."
— Sri Krishnamacharya



All workshops
12 pm – 3 pm
\$30 (\$25 if paid one
week in advance)
Full Series (5): \$110

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