

Join us for a Yogazander® Workshop Releasing the Neck and Shoulders

Sunday, March 11, 2012

2:00 PM to 4:00 PM

Affirmations Yoga Studio

Space is limited – Pre-Registration Required

Cost of the Workshop: \$35.00

Paid Registration before March 9: \$30.00



Register at www.affirmationsyogastudio.com/ or www.yogazander.com

Affirmations
YOGA STUDIO

Affirmations Yoga Studio

12234 Poway Road Suite #202

Poway, CA 92064

858-513-1787

This workshop will help you discover how to “come home to your body”. During this two hour session, emphasis will be placed on learning techniques to release tension in the neck and shoulders and to stretch and open these areas. This will be done by using basic yoga poses, breathing exercises, imagery and the Alexander Technique. The gentle hands-on bodywork of the Alexander Technique will be used to invite the soft release of muscle tension and facilitate an easy, natural alignment in the yoga poses. Class size is limited to allow personalized learning and individual attention.

No previous yoga experience is required; however, body awareness is helpful.

Yogazander® is a special combination of Yoga and the Alexander Technique developed by workshop instructors Helena Bray and Cheri Hotalen. Helena is a certified Yoga instructor trained in the Indra Devi style and Cheri is a certified teacher of the Alexander Technique. Both teachers bring over eighteen years of personal study in their fields and share a passion for joyful living through Yoga.

For More Information about Yogazander®

Call (858) 361-1910 or email: helena@yogazander.com

Please do not eat two hours before the workshop and wear loose, comfortable clothing. All necessary props will be provided, but personal mats are most welcome.