

Introduction to Vinyasa

Part One: breaking down Sun Salutations and basic standing poses. Limited to 30 people!

with Shannah Green

Sun Sept 27, 1- 4pm. Eyes of the World Yoga Center



This interactive workshop will unravel the details of alignment for the Sun Salutations and basic standing postures. The details make all the difference. Get your questions answered as Shannah helps you refine your technique. You will leave confident that you are developing a solid practice.

\$39 by Sept 20,

\$45 by Sept 21 and after

You are registered only when you have dropped off your check. Limited to 30 people. Otherwise, you are on the waiting list.

How to register Drop a check off at the studio, with your name address and telephone number made out to Eyes of the World Yoga. Or mail to "Eyes of the World, 69 Chestnut Rd, North Kingstown, RI 02852

Shannah Green is the director of the Yoga Room in Nantucket, MA. She blends a high degree of precision and experience into her loving and poetic yoga classes.

401-295-5002

www.innerhappiness.com

