

# Mindfulness in Action: Form & Alignment

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

## with Shannah Green

**Sun Sept 26, 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 21,**

**\$45 by Sept 22 and after**

**You are registered only when you have dropped off your check. Limited to 30 people.**

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 sign up online with credit card.

**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](http://www.innerhappiness.com)**

