

Shannah Green



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.

Form and Alignment Part Two: Intermediate postures

Sunday Nov 22, 2009

1:00 - 4:00 pm

at Eyes of the World Yoga Center

This workshop unravels the details of alignment for a variety of important intermediate level postures. We will dissect the following postures: Side Angle, Rotated Triangle, Balancing Half Moon, Wheel, Shoulderstand, Headstand and Handstand. You will learn the developmental stages and movements of each posture and find the appropriate modifications for your body. Even if you “do” these postures, you probably will want to take this workshop so that you can refine your technique and feel confident that you have developed a solid practice.

\$39 by Nov 15, \$45 by Nov 16 and after

You are signed up only when you have dropped off your check.

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.