



Yoga Alignment Workshop

with Kamala

Saturday October 14 2017 1030a-1230p

Fitness Studio, New Brighton Community Center

400 10th Street NW, New Brighton MN 55112

During your yoga or exercise practice, do you:

- Sometimes wonder if you are doing a pose correctly?
- Experience pain or discomfort?

Join me for this body alignment workshop!

During this workshop we will:

- Discuss physical limitations in yoga
- Look at body symmetry
- Work through poses, making modifications based on individual needs

After you leave, you will:

- Have a better understanding of how to correctly move into poses
- Know what individual modifications need to be made for a safe practice
- Be able to protect your joints and prevent long-term injuries

Contact Kamala with questions about registration— 320-761-5343 or justkamala@gmail.com

