

AM I DOING THIS RIGHT? v2.0

fundamental alignment for ALL poses

with **Barbara Adams**
Anusara Certified, E-RYT 500
Scottsdale
Saturday, March 21st
12:00-2:30 P.M.

You learned a lot in round one, but we just scratched the surface! Join Barbara to learn more strategies and alignment concepts that you can apply to ALL poses as we better define the forms of poses. We'll practice the ideas on everyday poses so that you get the most out of your practice. There will be lots of opportunity to ask questions, receive hands-on adjustments and to request tips on specific poses. We'll plan on doing different poses but can revisit any from the first workshop that need some review or clarification. Come to this fun adventure in asana!

LOCATION: 8241 E. Evans Rd, Scottsdale

COST: \$45/\$40*

*Early registration price ends March 14th

Members: email yoga_village@cox.net to sign up and get both the early bird and member discounts

Register online or by phone 480.905.8801

REFUND POLICY: Workshops and trainings payments may be refunded with 72 hour notice, less administrative fee of \$10 per individual session. No refunds or credits for less than 72 hours notice.

*** This workshop counts as required hours towards YA CEUs ***

