

Home Practice Workshop w/Athena Pappas

At The Loft, register at www.theloftsf.com

Sunday February 5th 2012, 2:00 p.m. – 5:00 p.m.

Cost is \$60.00, No Refunds or Makeups for Cancellations after 2/2/2012

What does having a “home practice” mean? Why should I practice at home? How do I begin? Which postures should I do? How long do I hold them for? I want to practice at home but just can’t seem to do it, where do I find the discipline to make it happen?

Yoga students will find the answers to these questions and more in this afternoon workshop. Sequencing will be address as well as appropriate postures for specific issues, such as back or neck pain. Participants will gain knowledge that will enable them to create different practices to suit their individual needs.

This workshop is appropriate for all levels of students who have been attending yoga classes for least 6 months. Students who already have a home practice seeking more knowledge are welcome.

“Yoga is a light, which, once lit will never dim. The better your practice the brighter your flame.” B.K.S. Iyengar

BENDING BACKWARD: An afternoon of backbends w/Athena Pappas

At The Loft – register at www.theloftsf.com, Saturday March 10th, 1:30 p.m. – 4:30 p.m.

\$60 – Includes Athena’s 9:30 a.m. class on March 10th – a.m class is optional

No refunds or makeups for cancellations after 3/8/2012

Backbends, known as *purva pratana sthiti*, are an essential part of a balanced yoga practice. They remove stiffness from the back, tone the adrenals, kidneys and liver; backbends also stimulate the nervous system and promote emotional wellbeing. Whether you can’t get enough of the invigorating energy that backbends bring or are someone who feels like you will never “get” backbends, this workshop will help you to understand, develop and deepen your practice of backbends.

This workshop is suitable for students who have attended yoga classes regularly for at least six months.