

PERFECT YOUR POSES

A look at common mistakes in the most common yoga poses

Ever wonder if you are doing a pose “right”? Ever try to get yourself into a pose “right” only to have it not feel good? Most of us have! In this highly instructional workshop you will gain greater awareness of what’s really important in your poses and...

In this Workshop You Will

- Learn how to correct common mistakes in the most common yoga poses
- Learn modifications and how to get the most out of a pose even if you can’t do the fullest expression of the pose.
- Learn how to self-correct your poses
- Get individual instruction

Saturday, June 2

11:00 - 1:30pm

\$20

Some yoga experience required. Class size limited, so be sure to register early! Register online at www.yanayoga.net or in person.

Taught by Amber LaPointe, Owner & Founder of Yana Yoga and an Experienced Registered Yoga Teacher with 10 years and over 4,500

What’s Right with this Picture?



What’s Wrong with These?

