

Root to Rise *in* *BACK BENDS*

Seaside Yoga Sanctuary
Seaside

Saturday
March 17
1:00 - 4 pm



\$35 w/ advanced registration
\$45 at the door

You are only as young as your spine, so the older we get the more backward bending we need. As we age the spine gets stiff. Back-bending can make the spine supple and lift our spirits. Back-bending is a fountain of youth and a sandbox of play.

We will learn principles to make backbends safe for everyone: Ways to connect the ground with the spine--Rooting to Rise. By integrating the arms and legs with the movement of the spine we can open groins, shoulders, and the spine with an even force of energy, without violence. Using these principles, we will take these poses deeper, working toward drop-backs (or refining your drop-back practice).

This workshop assumes at least 1 year experience with yoga. All the poses can be modified to accommodate any body. You will be able to practice as gently or go as deeply as your body is ready. It is not How Far, it is How that matters.

GO TO OUR BOOK ME PAGE, SELECT WORKSHOPS TO REGISTER

831-899-9642

www.seasideyogasanctuary.com

Carolyn Bluemle began her yoga practice in 1979, has been teaching yoga since 1989, and is Iyengar certified. Her teaching reflects study with the Iyengars in India, Dona Holleman in Italy. Manouso Manos is her primary west coast teacher. She is inspired by the community, practices and teachings of Thich Nhat Hanh, friendships, nature and her yoga practice. Her teaching is precise and enthusiastic, with humor and compassion.

www.cbyoga.com

