

YOGA ADJUSTMENTS & ASSIST

Explore the benefits of assisting and adjusting in **heart opening** back bending asanas. This workshop is for teachers and students that want to broaden their knowledge on the compressive spine.

Requirements for this workshop:

Must practice backbends in your yoga practice and be familiar with back bending asanas.

BACKBENDS

Saturday
May 21st, 2016
2:00pm - 4:00pm
Cost: \$40



Meredith Murphy has been a yoga teacher for over a eleven years. She acquired her techniques through teaching Ashtanga and studying under master yogis. Her skilled adjustments are direct and simple.



BALANCE
YOGA & WELLNESS

more info: www.balanceyogawellness.com

with
Meredith
Murphy

