

YOGA Workshop:

Intro to Ashtanga Yoga

with

Lou Gaccione,
Lori Cote & Paula Henn

**ONLY
\$5!**

Tuesday, April

24th, 2012

6:00pm - 7:30pm

No prior yoga experience necessary. Any age, size or those with physical limitations may participate.

Workshop will cover:

Proper breathing, alignment, linking breath with movement, core strengthening techniques and much more...

Ashtanga Yoga, a traditional system of yoga from India, is a specific series of postures that links the breath with movement utilizing core engagement (bandhas) creating an internal heat. When taught and practiced properly benefits include a strong flexible body and a calm clear mind.

For info call:
401-932-5650

AshtangaYogaRI.com

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YOGA**
Rhode Island

