

Weekend Workshop

WITH CHRIS STEIN
JANUARY 28TH AND 29TH

The New Year gives us a chance to feel as if we are starting anew. Every yoga practice we do, should always feel fresh and restoring. Ultimately, we want to bring our practice into our daily lives, as our own meditation. Keeping this precious time for ourselves is important, and the practice we do must enhance our day to day life and our relationships with others.

This workshop will include pranayama practice, philosophy, and of course, asana practice!

SATURDAY 2 - 5:30 PM

SUNDAY 2 - 5:30 PM

and a light dinner!

Each workshop is \$50. If you are coming to both, the fee is \$90.

Chris is a teacher of Iyengar Yoga. She studies in India every year with the Iyengar family, and teaches in Los Angeles and in Mayapur, India.

To register please write to Chris at:

Shamani108@mac.com or call (310) 621 - 0447 www.108yoga.com

PLEASE CALL OR EMAIL ME TO CONFIRM, AS THE CLASS WILL BE LIMITED