

# MONTHLY ASANA WORKSHOP - MARCH 2010

## ARM BALANCES

*"If I'm losing balance in a pose, I stretch higher and the heavens reach down to steady me. It works every time, and not just in yoga". With apologies to Terri Guillemets*

**Special Session:** Moving in to balance, holding balance and keeping it with us long after we have left the pose – all three of these goals is what we are going to be working on during this Workshop.

From Vrksasana (Tree pose) to Bakasana (Crow pose) and into Pincha Mayerasana (Feathered Peacock pose), we will explore the range of basic rules which make balance poses accessible.

During this workshop we will:

- Establishing a steady foundation in all poses
- The action of the hands, arms and shoulders as the base of arm balances
- The role of the abdominal muscles
- Point of gaze and lines of power
- How to use the breath to support your balance

Suitable for all students. If you have a specific injury you would like covered in the programme, please let Kate know when you book your place.

**Venue:** Laguna Park  
**Cost:** \$25 (or a stamp and \$8)  
**Time:** 10am to 12pm  
**Date:** Sun 25th April

Limited to  
12 students

 *Kate Porter Yoga*  
YOGA FOR NORMAL PEOPLE



Come along for what promises to be a fun, uplifting morning. Warning: a sense of humor is an essential prerequisite!



"Yoga is the study of balance, and balance is the aim of all living creatures: it is our home". Rolf Gates

**Coming up in the June workshop:**

Forward Bends & Twists

(No workshop in May)

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