

Month End Asana Workshop - August 2009

SUN SALUTATIONS & VINYASA

Special Session: On the last Sunday of August Kate will host the second of a series of special workshops: a two and a half hour session designed to get your understanding of Sun Salutations perfect. If you feel you would like to not only practise yoga but also understand why we do certain yoga poses, this workshop series is for you.

Kate will demonstrate and explain the poses in detail.

Venue: Laguna Park
Cost: \$25 (or a stamp and \$10).
Time: 10am to 12.30pm
Date: 30th of August

Limited to
12 students



- Understand the different types of salutation
- Explore and refine salutation alignment




- Learn to co-ordinate breath with movement
- Eliminate common salutation pose mistakes

 *Kate Porter Yoga*
YOGA FOR NORMAL PEOPLE

**Coming
up in the September
Workshop**

BALANCE & STANDING
POSES

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