

# Month End Asana Workshop - July 2009

## ALIGNMENT

**Special Session:** On the last Sunday of July Kate will host the first of a series of special workshops: a 2 hour session designed to get your alignment of the basic asanas just right. If you feel you would like to not only practise yoga but also understand why we do certain yoga poses, this workshop is for you.

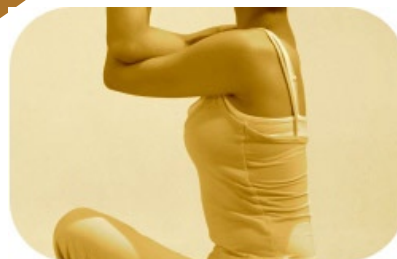
Kate will demonstrate and explain the poses in detail.

**Venue:** Laguna Park  
**Cost:** \$20 (or a stamp and \$5).  
**Time:** 10am to 12pm  
**Date:** 26th of July

Limited to  
12 students



- Develop a deeper understanding of foundational poses
- Get more from your practises



- Using alignment to improve your balance
- Make each pose yield maximum benefit for your fitness and strength

 *Kate Porter Yoga*

**Coming up in  
the August Workshop**

SUN SALUTATIONS &  
VINYASA

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