

Month End Asana Workshop - October 2009

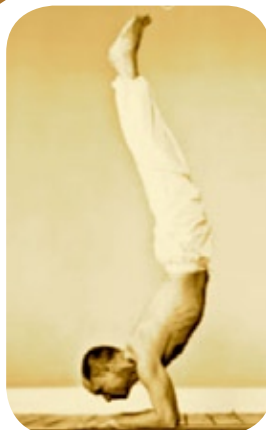
BACKBENDS

Special Session: For this month's workshop we are covering backbends - poses that are a dread to many students! We will be covering what you need to do to prepare for backbends, alignment, pose development and, most of all, how to ensure you are not only avoiding injury to your back, but getting the best benefit possible from these poses.

During the two-hour session we will also work to open key areas of the body, which contribute to comfortable and exhilarating backbends. So if just the thought of backbends gives you backache, come along and learn how it is done.

(Due to popular demand, Granny's homemade lemonade will be on offer to fortify you during the break!)

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



- Learn the tricks on how to do Wheel and be courageous enough to try the Feathered Peacock pose! (see pic to left)



- Put the hiss into your Cobra and the bend into your Bow.

Limited to
12 students

 *Kate Porter Yoga*
YOGA FOR NORMAL PEOPLE

**Coming
up in the November
Workshop**

Restorative and Yin Yoga

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