

# Month End Asana Workshop - September 2009

## BALANCING POSES

**Special Session:** On the last Sunday of September (that is this weekend!) Kate will host the third of a series of special workshops: the aim of this workshop is to cover the key techniques to establish firm foundations for balancing poses.

These poses are a key link to both arm balances and inversions (upside down poses) as the techniques and principles are very similar.

So if you want to improve your Tree Pose, Crow Pose or Handstand – or simply your posture, this workshop is for you.

**Venue:** Laguna Park  
**Cost:** \$20 (or a stamp and \$15).  
**Time:** 10am to 12.00pm  
**Date:** 27th of Sept

Limited to  
12 students

 *Kate Porter Yoga*  
YOGA FOR NORMAL PEOPLE



- Learn Ardha Chandrasana (Half Moon) and Vrksasana (Tree)



- Master Virabhadrasana III (Warrior III) and Garudasana (Eagle)



**Coming  
up in the October  
Workshop**

Backbends (oooh!)

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