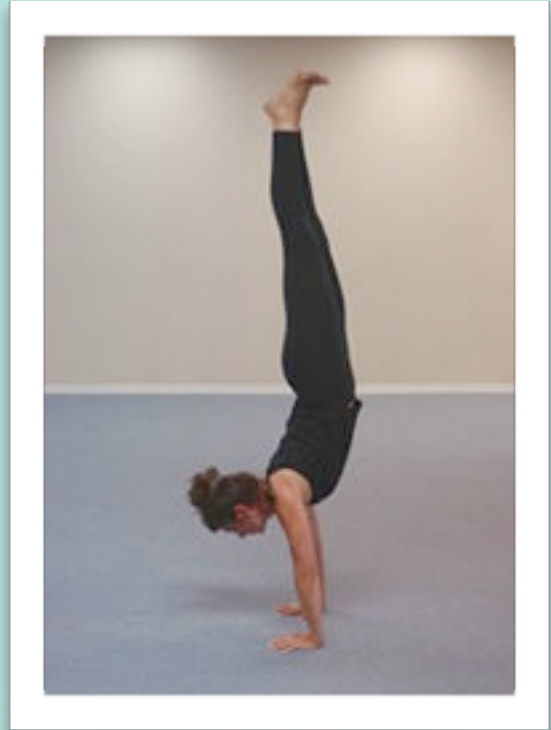


Jumping into the Core

Using Vinyasa for Internal Strength

In the Ashtanga Yoga system the transition between postures is done by vinyasa, which helps to develop stamina & strength, and maintains heat. When jumping forward and back, how do we use our core? We have an understanding of mulabandha but what is its functional purpose? In this workshop we will focus on learning to develop greater awareness of the use of the core, which is key in performing smooth vinyasa transitions. Jumping is fun and adds a psychological element of play & levity to our practice. Join us for an afternoon of rigorous play. You will come away with skills that will enhance and strengthen your internal practice.



Instructor Anne Nowell has taught yoga in the US and abroad since 1980. She owned and operated the Ashtanga Yoga Centers of San Diego for 7 years. In 2007, Anne turned her business over in order to focus on traveling workshops and Teacher Training programs. Dedicated to the principals of the 8 limb Ashtanga Yoga path, she is a serious but playful maestra. More info @ www.annenowell.com

Sunday May 4th

3:00-6:00pm

\$40 paid in advance \$45 day of event

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