

Observation and Adaptation

The Viniyoga of Asana Practice

The essential wisdom of Viniyoga is "to honor the individual's starting point". The practice of asana should honor the individual's fitness level, pre-existing conditions, and intentions. In this workshop we will develop skills in observing our students' bodies and in adapting classical movements to honor each student's current capabilities.

Anne Nowell has taught yoga in various traditions since 1980. For 7 years she was owner/director of the Astanga Yoga Centers of San Diego (2 locations). Having studied directly with Indian Masters, TKV Desikachar & K Pattabhi Jois, Anne teaches a range of asana techniques, from a rigorous vinyasa style to more gentle therapeutic practices. She wishes to make yoga practice available to all interested persons, by using appropriate techniques.

Sat. May 3 1:30-4:30pm

3 Hour Workshop

- ☀ 75 minute asana practice
- ☀ 90 minute discussion
- ☀ Practice of observation & adaptations skills.
- ☀ Yoga Alliance CEU's available.

\$30 paid in advance; \$35 day of



Eka Pada Urdhva Dhanurasana
This posture is adapted by the
use of the prop.

For more information

www.annenowell.com
yoga@annenowell.com



North Main Yoga
10 W. Stone Ave.
Greenville, SC 29609
864-241-0870

www.northmainyoga.com