

POWER VINYASA YOGA CORNERSTONES OF FLOW

Understanding Flow and Alignment
with Alice Riccardi
Saturday, April 18, 2009
12:30-3:30PM
\$50

This is a great workshop for both beginning and experienced students. In a Cornerstones workshop we work slowly and thoroughly. You'll practice for a short time, then stop to break down the poses to distinguish how each one works in parts and as a whole. This way, beginners can understand the fundamentals and more experienced students can work on refining their practice.

If you have already attended a Cornerstones workshop, it's worth it to come back. You will learn something new each and every time. Each workshop is different and it is a great opportunity to communicate and learn from other students as well as the teacher.

Whether you are new or experienced, this workshop will definitely deepen your practice! In this workshop, through practice, demonstration and hands-on assistance, we will:

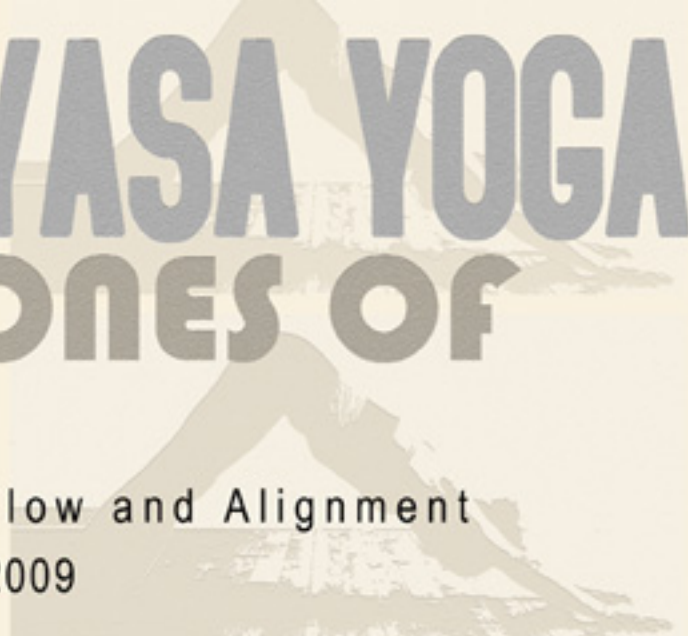
- Break down the components of sun salutations
- Uncover the principles of twists
- Discover breath and ease in backbends
- Explore the basics of breathing and gaze

To register go to our website
www.portlandpoweryoga.com
or call 761-HEAT(4328)



PORTLAND POWER YOGA

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Photos by Darlene Devita - www.darlenedevita.com

