

EMBRACING FLOW

Sharpen Your Skills And Deepen Your Awareness of Vinyasa Flow

saturday, february 10th

12:30pm - 3:30pm

\$40

In this workshop we will investigate the more subtle aspects of Flow through practical experience, demonstration and discussion. We will explore and distinguish the alignment of transitions between poses and the importance of core strength in regard to ease in Flow.

In this workshop we will investigate:

- Jumpthroughs and jumpbacks
- Flipdog into wheel
- Crow to low pushup
- Arm binds
- Tripod headstand and classical headstand



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



PORTLAND POWER YOGA

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