

# EMBRACING FLOW

WITH ALICE RICCARDI  
Saturday, May 16, 2009  
12:30PM - 3:30PM  
\$50

Sharpen your skills and deepen your awareness of Vinyasa Flow. 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:

- Jumphroughs and jumpbacks
- Flip dog into wheel
- Crow to low pushup
- Arm binds
- Tripod headstand and classical headstand

To register go to our website  
[www.portlandpoweryoga.com](http://www.portlandpoweryoga.com)  
or call 761-HEAT(4328)



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