



FOUNDATIONS OF POWER VINYASA *flow*

with KELLY HEATH

SATURDAY, FEBRUARY 27, 2010
1:30-4:30 PM • \$35

THE FOUNDATIONS OF FLOW

Basics Workshop with Certified Baptiste Teacher
and 500-ERYT, KELLY HEATH

This workshop is an invitation to explore the fundamentals of the Power Vinyasa Flow Yoga. Designed for practitioners with all levels of experience, including beginners, it aims to empower and inspire you into the depths of your own body and being. Emphasis is on "building block" postures as a means of understanding how form supports function, flow and ease in movement.

We will focus specifically on:

- Tadasana (Mountain Pose)
- Chaturanga Dandasana (High to low push-up)
- Foundational elements of pelvis, spine, breath, gaze and the bandhas
- Bakasana (Crow)
- Learning modifications to foster a daily practice

ABOUT KELLY



A certified Baptiste Power Vinyasa yoga teacher, 500-ERYT and former studio owner, Kelly enjoys fusing together the many wonderful influences she's had from teachers such as Shri Dharma Mittra, Baron Baptiste, Shiva Rea and John Friend. While her classes tend to be vigorous and physically challenging, their actual power stems from each student's internal experience. Kelly thrives on building yoga communities and encourages all to recognize that a generous, compassionate nature gives us the wonderful opportunity to transcend our limits and let go of what no longer serves us creating space in our bodies, our hearts and our minds. For more information on Kelly, please visit www.kellyheath.com.



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Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48 hours notice.