

# ***\*Workshop\****

## ***Intro to Ashtanga Yoga***

***@ Sacred Space Yoga Studio 741 East 8th St.***

***Sunday February 28, 2-4pm***

***\$25***

***Instructor: Jessica Sharry, RYT***

Join Jessica for an introductory level ashtanga yoga workshop. Ashtanga yoga is an energizing practice that uses breath, postures, and movement to create heat (and sweat) in the body and develop strength, stamina, flexibility, and a focused mind. This workshop is perfect for the beginning ashtanga student and those new to yoga. Students will learn the basics of this practice including the history and philosophy, along with proper breathing and alignment necessary for safe and injury-free yoga. This workshop will provide students with a taste of the ashtanga practice, which will enable them to feel comfortable joining the on-going ashtanga Primary Series class.

***For more information or to register call Jessica at (231) 228-7835 or email: [yogagrll75@yahoo.com](mailto:yogagrll75@yahoo.com)***

***or [www.yogatraversecity.com](http://www.yogatraversecity.com)***

***"99% Practice ~ 1% Theory" - Sri K. Pattabhi Jois***