

core stability

INNER
STRENGTH
THROUGH

Year-end yoga intensive
with Joan
December 21, 22 & 23



“Energy is rooted in the feet, developed in the legs, transformed in the waist and manifested in the hands”

The core includes the foundation of the legs, especially of the inner legs, *mula bandha*, the three layers of the abdominal wall and the energetic centre of the *kanda* or *tantien* which is the core or centre of gravity of the body. The entire back body works synergistically as support to the core muscles.

In this workshop, we will be putting into practice what was covered during the entire year. The strong leg-work and hip-openings of the prelude form-*Balakrama* will form the foundation for the standing *asanas*, abdominals and backbends that will be covered in the three days. Teachings will be progressive.

Fri. 21/12 6:30 - 8:30pm

Sat. 22/12 9am - 12pm

Sun. 23/12 9am - 12pm

Fees: \$120 for the full workshop of all three classes. \$45 per class on a space available basis

Signs ups only please, places limited. Payment will secure your place.

General level



IYC's annual break: Dec. 21 - Jan. 5, 2008.

Regular classes will resume Sunday, January 6, 2008

Happy Holidays!