



YOGA WORKSHOP

SATURDAY, FEBRUARY 23, 2008

1:35 – 3:00 PM

White Lotus Kung Fu Studio

19641 Parthenia St., Suite 100, Northridge, CA 91324

(818) 993-9664

\$30 Per Person

**THIS WORKSHOP IS OPEN TO ADULTS
& THE GENERAL PUBLIC**

A Sticky/Yoga Mat is highly recommended

There will be mats available for sale prior to and the day of the workshop.

Stability and Balance are a fundamental benefit of a Hatha Yoga practice.

Standing poses are designed to give strength, endurance and grace to the body and legs. They are daily vitamins for your hips and legs.

This powerful series of Asanas is the foundation of building your yoga practice on stability, strength and flexibility.

Shelley Piser is a teacher of teachers. Since 1972, Shelley has been studying and teaching Yoga throughout the U.S., Europe, and Australia. She has been teaching Yoga in the Los Angeles area since 1975 in the Iyengar tradition. Her inspired teaching weaves together thirty years of practice of Iyengar yoga, Pranayama, and meditation, along with the influence of her studies of the Japanese art of Shiatsu massage and Jin Shin Jyutsu acupressure.