

Introduction to Ashtanga: Taking Your Practice To A New Level!

**3-part Sunday Series
September 12, 19 & 26th
2:00-3:45pm**

Have you ever wondered what Ashtanga and Vinyasa yoga are all about? Are you looking for ways to deepen your understanding of these profound systems of yoga? Looking to “branch out” into a new level of yogic awareness? This is the workshop for you!



Designed specifically for students who are new to yoga, or who want to move from Basic classes into Ashtanga and Vinyasa yoga flows, this unique workshop will help introduce you to this ancient system of yoga practice, in a safe, supportive and fun environment. You will learn:

- ॐ The foundations, history and philosophy of Ashtanga yoga.
- ॐ Differences between Ashtanga and Vinyasa.
- ॐ Sun Salutations (with modifications based on your specific body type).
- ॐ Standing postures.
- ॐ Seated postures.
- ॐ Finishing postures.
- ॐ Pranayama and meditation.

Personally led by UpDog Owner Duane Utech (MA, E-RYT®), this class is perfect for those who are new to yoga, and who want to taste the fruits of this deep, profound yoga practice. Advance registration is required!

Cost: \$125 (\$100 if paid on or before September 6, 2010)
Location: UpDog Yoga Main Studio (Studio A)
Hand-outs: Will be provided during class

