

ADAPT YOUR YOGA PRACTICE



SUSTAINABLE YOGA: LOW RISK, HIGH BENEFIT POSES AND
BEST ADAPTATIONS FOR THE INDIVIDUAL

OPEN TO THE COMMUNITY!

FRI. 5:45-7:45PM

\$35 | FUNCTION VS. FORM

WITH JEANNE DILLION, E-RYT 500, YACEP
AND SHARON HAMMER, JD, LPC, MPA, RYT500

YOGA IS NOT ONE SIZE FITS ALL. LEARN HOW TO MAKE IT FIT YOU!

ELIGIBLE FOR 6.5 CEUS
\$95 FULL WORKSHOP

SEPT. 7-8, 2018

AT YOGA FOR WELLNESS, LLC

1175 E. PARKCENTER BLVD BOISE, ID.

208-345-7113

SAT. 11:00-3:30PM

MOVEMENT ASSESSMENT AND
BEST ADAPTATIONS OF POSTURES | **\$75**

PLEASE PROVIDE YOUR OWN LUNCH TO ENJOY DURING 12:00 -12:30 DISCUSSION

REGISTER AT | SHANTI YOGA STUDIO | 208.634.9711
INFO@SHANTIYOGASTUDIO.ORG | WWW.SHANTIYOGASTUDIO.ORG