



ADELINE YOGA

Benefit Workshop

SUPPORT OUR YOGA BLESSINGS FUND

FORWARD EXTENSIONS OF ALL KINDS



Janet MacLeod



October 31, 2020 @ 2 - 4:30 pm
Livestreamed Online by Adeline Yoga

Forward Extensions of All Kinds

As we move towards the winter season, prepare for practice of a more reflective nature. Open your hips in a variety of ways so that you can move into standing and seated forward extensions in a more balanced way. When you are able to embrace the teaching of Patanjali Yoga Sutra 2.46 Sthira Sukhum Asanam Sthira - firm, fixed, steady Sukhum - happiness, delight; these words describe physical and mental aspects.

Suggested Donation - \$60.00

Reserve Your Spot at www.adelineyoga.com/workshops