

DIVINE, SUBLIME, SUPINE ASANAS

Mondays in December, 2021 8:30-10:00 am



In this four-week series, Janet will use supine Asanas to inform all four categories of Asana:

- Week 1 Standing
- Week 2 Sitting
- Week 3 Backbending
- Week 4 Inversions

Each week Janet will teach the supine Asanas in such a way that students will gain a clear understanding of how they are connected to whatever category she is teaching. You may be pleasantly surprised how these relatively easy Asanas can make Asanas which you thought were inaccessible more accessible.

Pricing*: Full Series - \$80

Drop in - \$25

****20% Discount for Members***

For more info or to register: www.iyisf.org Email: info@iyisf.org