

Padmasana

Lotus Pose and Beyond

Tight hips = No Lotus Pose
for you?

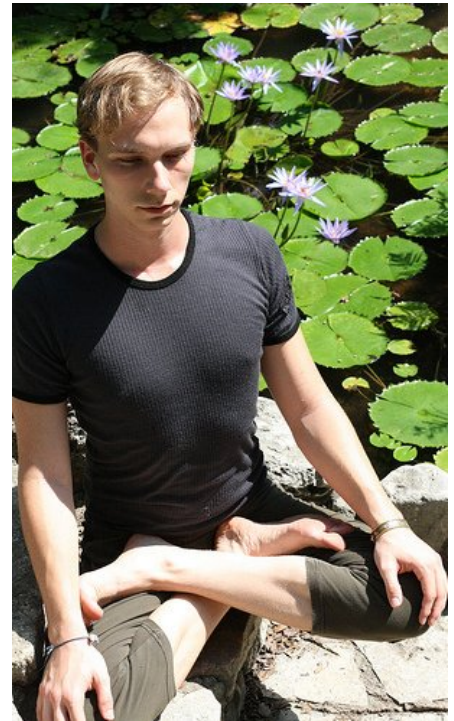
Using Anusara® Yoga's Universal Principles of Alignment, this workshop is designed to focus on increasing the mobility in your hips to open deeply for lotus pose and further!

Date: Saturday July 24th
Time: 2-4

Cost: \$30 pre-registration before July 17th, \$40 after July 17th (this event will sell out so make sure to reserve your spot!)

To Register: Call Empower Yoga at 512-472-8884

EMPOWER YOGA



About the teacher

Jeremiah Wallace has been practicing yoga since 2004 and teaching since 2007. He has been inspired by yoga's ability to bring him back to that place of peace where transformation and a clear sense of choice can be remembered. His classes are fun, challenging, and are geared toward taking you to the next level in your practice. He is an Anusara-Inspired™ teacher and actively pursuing Anusara certification.