



# YOGAMOVES

Club de Yoga à Strasbourg

## WORKSHOP - ATELIER

with Kathryn Budig

du 7 au 9 octobre 2011

### About Kathryn

Kathryn's playful mixture of challenging classes with her lovable personality is the recipe for a truly inspiring class. Kathryn has been featured in many yoga and health publications. As an avid food lover, she is also passionate about sharing healthy, organic and eco-friendly recipes.



**FRIDAY, 7 oct. 2011: 18:30-21:00h**  
**SPICE UP YOUR PRACTICE – all levels**

Add life and spice to your yoga practice through an energetic class that gets the pulse and laughter flowing. Explore new and exciting Sun Salutation variations, fun transitions, vigorous vinyasa, and new exit strategies. Come with an open mind, a hungry appetite for excitement, and a towel to mop it all down.

**SATURDAY, 8 oct. 2011: 15:00-18:00h**  
**FIND A COMFORTABLE SEAT: hip openers – all levels**

Flexibility of the mind and body frees us from fear and expectation. This workshop will nurture the hips back into a place of space and surrender so we can exorcise discomfort or anything blocking our way. Let go of the past and move into the present—joyful, open and comfortable.

### TARIFS & RESERVATION

	membres YOGAMOVES		non-membres	
	par atelier	4 ateliers	par atelier	4 ateliers
jusqu'au 16 Sept:	55,-	190,-	65,-	230,-
à partir du 17 Sept:	65,-	230,-	75,-	270,-



**SATURDAY, 8 oct. 2011: 10:00-13:00h**  
**KEEP CALM AND BAKASANA ON:**  
**Arm-Balances and Inversions – all levels**

Crow Pose is an incredibly complex posture that gives us the ultimate foundation to build balance on, making other arm balancing postures become simple. We'll awaken the core doing variations including Tripod, Handstand, One-Legged Crow, jumping forward, shooting back, and learning what to do when it's time to stick your tail-feather out. Just remember - when in doubt, keep calm and bakasana on.

**SUNDAY, 9 oct. 2011: 11:00-14:00h**  
**CHOOSE ONLY LOVE: back bends – all levels**

Backbends are the ultimate ticket to look fear in the face and react straight from our heart center. This love inducing flow will open your heart and shoulders preparing you for deeper backbends such as Urdhva Dhanurasana and Eka Pada Raja Kapotasana. Once the heart soars the possibilities are endless!

Étudiants en dessous de 27 ans: -10%.  
Les prix sont en Euro et TTC

**WORKSHOP IN ENGLISH**