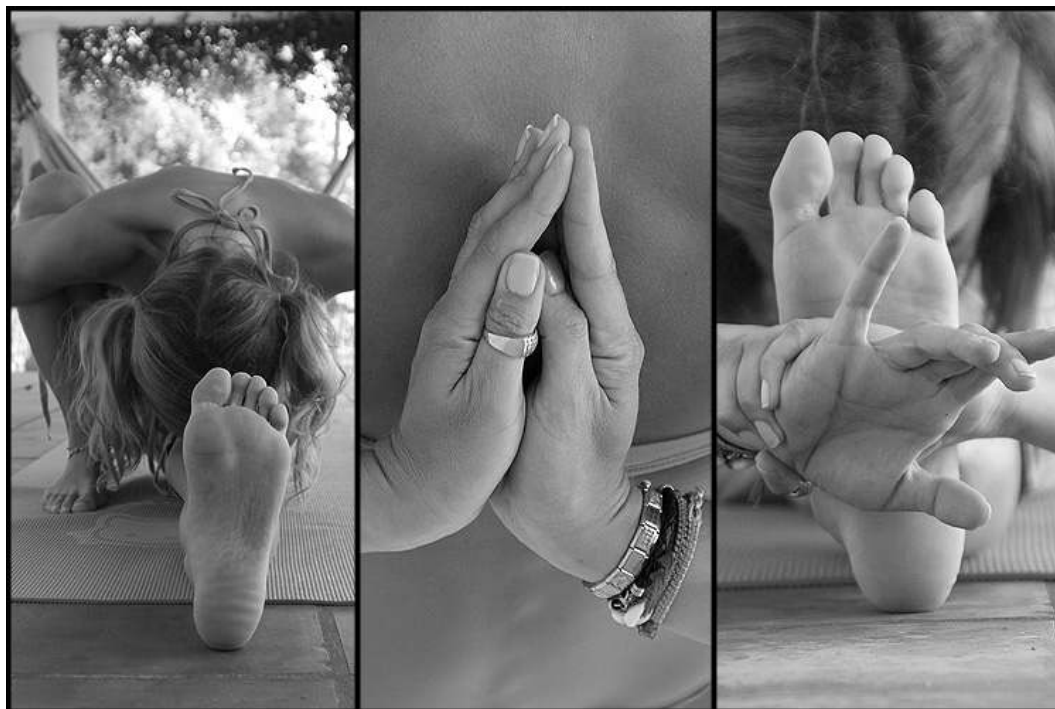


Introduction to Ashtanga Yoga Workshop at Yoga Energy

399 Washington Street, Dedham, MA 02026



While attention grabbing for the gymnastic, contortionist, and acrobatic physical poses that practitioners learn to perform, Ashtanga Yoga (the original "Power Yoga") is designed to be a practice of incremental progress that builds strength, stamina and flexibility, as well as, patience, focus and grace.

Feb. 28th / March 7th
Sundays 1- 3 pm

More Information:

www.aflowyoga.com/blog

Info. / Pre-Register:

www.myogaenergy.com

Click on "Workshops"

\$20 / 1 day, \$35 / 2 day

At the door: \$10 more

This workshop introduces Ashtanga yoga, teaching skills that over time can be used to make all styles of flowing yoga a rich experience of breath and meditation, while building a foundation that will allow those who wish to continue toward advanced asana (physical postures).

Questions?

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info@myogaenergy.com