

Yoga Space



Focus Class May 19 1:00 - 3:30 pm

Using Props

“Props are for action. Not resting, not to break up stiffness, but to stretch open. They [should] give the idea of action.” Geeta Iyengar, December 2018

Sunday, May 19

Are you stuck in a rut in the way you use your blocks, blankets and straps? Do you avoid certain poses because they just don't work well for you? Do you feel as if your practice just isn't going anywhere? Come see how props can probe and prompt and when to use them to prop you up. Take charge of your practice, your body and your life.

Three months of Iyengar yoga experience required.

Register online:

www.yogaspacennarbor.com or mail in a check with the class name, your address, email and phone.

Pre-registration is necessary by September 28, minimum 6 & limited to 12 participants.

Sunday, May 19 1:00 - 3:30 pm

Sue Salaniuk \$45

Fees

Go to www.yogaspacennarbor.com to register

Checks and Cash

You may mail in a check payable to The Yoga Space with your name, address, email, phone and the class name. Please allow 5 business days for delivery, registrations should arrive by May 11.

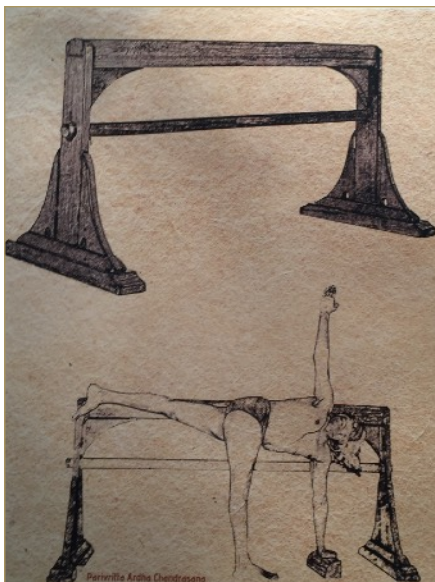
Using Props: \$45

Credit

Or you may register online at www.yogaspacennarbor.com

\$3.00 convenience fee added for credit cards

The Yoga Space, 180 Little Lake Dr #1, Ann Arbor, MI 48103



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734-622-9600