

# Yoga Postures and Breathing: 101

## The Basic Fundamentals of Yoga

### Yoga will help you...

- Improve your posture
- Solve back problems
- Improve your coordination in ordinary tasks
- Recover from or prevent carpal tunnel
- Reduce or eliminate chronic pain
- Relieve breathing problems
- Reduce your stress level
- Improve your capacity to cope
- Feel more comfortable in your body
- Enhance your performance in any sport
- Sleep more deeply



Are you interested in learning more about yoga, but you're intimidated by the thought of joining a class? This workshop will help take away the mystery of basic postures, controlled breathing and different yoga styles. Yoga 101 is designed for participants with little or no previous experience in yoga and current students with an interest in a deeper understanding of yoga. This workshop will provide participants with information on beginner level yoga postures, breathing exercises and the different styles of yoga classes. After leaving this workshop you should feel comfortable entering almost any yoga class with ease.



Kat Mackenzie's teaching style includes detailed instructions on correct alignment and body posture; techniques on breathing; and procedures to safely move into and out of yoga postures. She encourages her students to set an intention for each yoga practice so they can leave the worries of the day behind and focus on making their body and mind feel great.

**location:** Soulistic Studio & Spa

**when:** Saturday, March 21st, 1:00pm—4:00pm

**cost:** \$55



transform the body.  
nourish the soul.