



Fundamentals of **YOGA** Series



with
Sara Schifino

- Foundational postures of Vinyasa and Flow classes
- Common sequences
- Proper alignment
- Finding each pose in our own bodies
- Maintaining the integrity of poses as we transition between them
- Integration of body, breath and movement in the present moment
- Building muscle memory and proprioception
- Yoga as a transpersonal practice, supporting the health and well-being of the whole person

Additionally, each of the 4 sessions in this series will incorporate meditation, pranayama (breathing exercises), and a basic overview of the 8 Limbs of Yoga.



Thursdays in July ~ 10:00-11:30am ~ \$100

Register @ coloradoyogahouse.com or use the Mindbody app.

Space is limited.

Fundamentals Of Yoga

Wenbin Ji



Fundamentals Of Yoga:

The Enigmatic Realm of **Fundamentals Of Yoga**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Fundamentals Of Yoga** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

<http://www.pet-memorial-markers.com/results/scholarship/Documents/Guide%20To%20Accountability%20In%20Music%20Instruction.pdf>

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