

DOWN-TO-EARTH HEART POWER FOR LAUNCHING YOUR WINGS

The Therapeutics of the Shoulders, Arms and Neck

AN ANUSARA
WORKSHOP

WITH

JOE TAFT

APRIL 3

2-5:00PM

\$40

Asheville

Yoga

Center



Learn how to counter the daily repetitive actions of "Slumpasana". What is "Slumpasana"? Typing, driving in the car, sitting at a desk, watching TV - we all do it and hence developed overly tight shoulders, necks and upper backs which lead to pain and discomfort. In this workshop we will focus on how to integrate exceptional, down-to-earth biomechanics and the timeless teachings of yoga to find optimal alignment of the upper body.

Asheville Yoga Center • youryoga.com • 239 S. Liberty St. Asheville, NC 28801 • 828.254.0380