

Half-Day Workshop

Walk with Ease Through Life

with **Kusuma Sachs**

May 22 2017

Monday 1:30-4:30pm

Take the openness you get from the spinal opening poses of *Svaroopaa*[®] yoga and then bring your yoga into your life, beginning with learning how to stand and walk.

In this three -hour workshop, you have the time to open your spine and take that opening into the art of walking with an open spine. No longer will your back, feet, and neck hurt from going for a walk.

The PROMISE: It is absolutely possible to walk and keep your spine open.

The PROCESS: Come to this workshop and learn how. This is a great step toward taking your yoga into your life.



LOCATION

The Solebury Club
4612 Hughesian Drive
Buckingham, PA

HOST

Bindu (Maureen) Shortt
215-262-1532
maureenshortt@gmail.com

TUITION

Early Rate: \$70.00
(on or before May 15 2017)
Standard Rate: \$75.00

REGISTRATION

<http://svaroopaa.org/hdp-pa-170522>

