



THE YOGA TOOLBOX

NEW CLASS! ***BEGINS MARCH 23, 2017-May 18, 2017* Thursdays 10AM-11:30PM.**

The Yoga Toolbox: Drawing on her experience and study of the foundational principles of asana, anatomy, and alignment, Shannon will explore fundamental aspects of common postures and focus on basic principles of safe and intelligent movement of the body. Different themes will be explored each week, such as sun salutations, standing postures, twists, inversions, breathing techniques, and more. Modifications and unique approaches will give students tools to move safely in any yoga class or home practice. All levels welcome.

Note: This is an 8-week series. \$90. Minimum of 6 students required to hold the space. Please contact Shannon to pre-register. Postures will be broken down, modifications, and additional "research" options will be provided for common postures. Students of all fitness and experience level are encouraged to take this course to deepen their understanding of the foundations for a safe and sustaining yoga practice.

To pre-register for this class, or for information about Shannon and her other classes, please visit thevineyoga.com. Or email Shannon at Shannon.ydennek@gmail.com