

Exploring the Back Body: THE JOY OF BACKBENDS



Sunday, January 20
1:30 – 3:30pm
\$30 in advance; \$40 day of

"In backbends, one touches the body physically, mentally, intellectually, consciously and spiritually everywhere."
— B.K.S. Iyengar



Extending backwards can be exciting!
...but also intimidating, and even a little bit frightening.

When approached with careful sequencing and pacing, **backbends can help open the heart and lungs for a liberating and exhilarating experience.**

Join us to work through a variety of standing and seated poses before approaching urdvha dhanurasana, upward facing bow posture.

A minimum of two years Iyengar yoga experience is recommended for this workshop.

Led by: **Kristen Kepnick, CIYT**
kristen.kepnick@gmail.com
708-759-4412

Why Iyengar Yoga?

Certified Iyengar Yoga Teachers (CIYTs) are held to unusually rigorous standards, earning their certification after years of dedicated practice, training, and evaluation by trained, qualified assessors.

