

EXPLORING THE USE OF WALL ROPES IN THE PRACTICE OF ASANA

Friday, July 26 and/or Saturday, July 27
1 - 3 p.m.

\$35 prepay come once or both days

\$40 at the door



Wall ropes are fun!

Join Kathleen Wright for this special opportunity to learn to use the ropes for:

- Special needs
- Enhancement of classic asanas
- Increased awareness of depth in postures



*Please note our
exciting schedule
upgrades!*

Garden
of
YOGA