

Twistgiving II with Kelly Sobanski

Saturday, November 16
2 p.m. – 4:30 p.m.

\$45 if registered by November 9
\$55 at the door

Register at gardenofyoga.net



Twist-giving Part II

Explore various ways to use revolving actions to release tightness within the entire spine, pelvis and shoulders.

Twists are good for arthritis and for cleansing the digestive system. Plus, twists are fun and they give refreshing clarity to the mind, body and spirit.

We had a great time exploring twists during Part I, time flew by fast so we added another 30 minutes to explore and refine.



Kelly Sobanski is a Certified Iyengar Yoga Teacher at the Intermediate Junior III level.

She has studied six months at the Iyengar Institute in Pune, India and cultivated experiential knowledge directly from BKS Iyengar, Geeta and Abhijata.

