

**Reclining Standing Poses Workshop
with Kathleen Wright
Saturday, April 1
1 – 4 PM In-person
\$55**



By popular request we will work with Reclining Standing Poses! The standing poses are known to render a stable mind and body to the practitioner. This workshop will explore several standing poses in the reclining position.

Specifically, they are good for people recovering from illness, injury, and difficulty with balance. This method of working is good for everyone to understand more about the postures. They are nourishing and strengthening to the body, mind and spirit.

Space is limited! Text Kathleen: 708.989.1329 to register.

