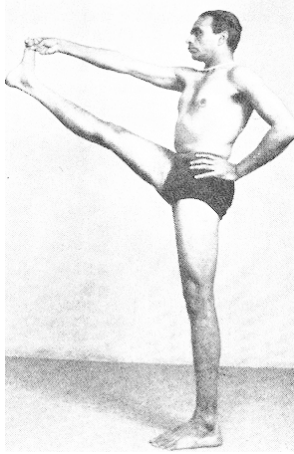


Benefit Workshop for Garden of Yoga

Padangusthasana

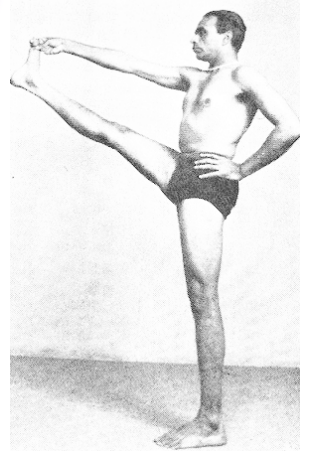


Sunday, April 6

10:00 am - 12:00 pm

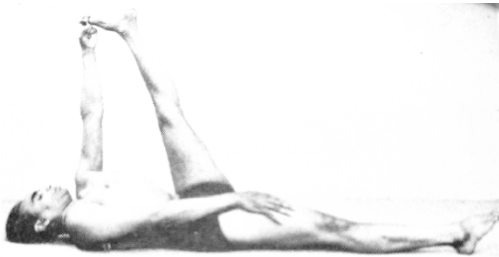
With Connie Zdenek

\$40 / person



All fees go to support Garden of Yoga

Padangusthasana is a favorite, both accessible and challenging, whether supta (lying down) or utthita hasta (standing). So many variations! Let's spend a morning making this pose fresh. And don't worry - I don't look like this in the poses either.



Email zdenekconnie@att.net to register. Please register in advance. Payment Zelle to email, cash or check. Feel free to contact me with any questions.

Connie completed her 200-hour Yoga Teacher Training and a Meditation Teacher Training at the Temple of Kriya Yoga. She completed her 500-hour teacher certification at the Bhavana Institute and, with over 1000 teaching hours, is an Experienced Registered Yoga Teacher at the 500-hour level with Yoga Alliance.



Garden of Yoga

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