

FORWARD BENDS WORKSHOP

WITH SHANAN HARRELL



Saturday, September 25th

1:30-4:30pm

\$40 (advance) / \$50 (day of)

Release ~ Create Space for Change ~ Extend
COME JOIN US TO DEEPEN YOUR UNDERSTANDING
OF THESE NURTURING AND STRESS REDUCING ASANAS.
DEEPEN YOUR PRACTICE AND LEARN HOW FORWARD
BENDS CAN BENEFIT YOUR LIFE!

Benefits of Forward Bends

- Creates space between each vertebra
- Benefits the nerves, improving circulation around the spine.
- Benefits the abdominal organs including the liver, kidneys, pancreas, and intestines.
- Lengthens the hamstrings and inner leg muscles
- Keeps back muscles supple
- Strengthens the knees and front of the legs.

SHANAN HARRELL has been practicing Iyengar yoga since 1996 and teaching since 1998. She has studied with many world class teachers and travelled to India to study with the Iyengar family in 2004. Shanana has taught here at Yoga Yoga as well as the BKS Iyengar Yoga Studio of Dallas, Texas. She has recently established her own studio, Tehachapi Yoga Tribe, in her new and beloved home in Tehachapi. Shanana's enthusiasm for the practice and wicked sense of humor make classes fun for all level students.

yoga  yoga

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