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# Standing Poses Workshop

*with Shanan Harrell*

**Saturday, June 12th  
1:30pm - 4:30pm**

**Join us as we *stumble this time towards enlightenment* in standing poses, with one of our favorite teachers, Shanan!**

**As the body comes into alignment the fluctuations of the mind still and the earth beneath our feet connects us with all living beings and we experience Yoga.**



Shanan will guide us through a series of asanas emphasizing alignment, stability, grounding, and balance established in a deep rooted connection to the earth.

Using Tadasana as our mark we will dynamically bring the skeletal frame into alignment examining resistance and weakness within the musculature. We will examine the challenges of Tadasana and see how these translate to inform our alignment in other poses.

The workshop will reward us with more freedom and equanimity in our yoga practice.

**\$40(earlybird) / \$50(day of)**

**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. Shanan 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. Shanan's enthusiasm for the practice and wicked sense of humor make classes fun for all level students.

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