

Warrior Poses

From the Ground Up

A Healing and Balance Workshop

with Lynn Shuck, E-RYT



Saturday, April 6, 2019

1:00 - 3:00 pm

Warrior I, II, and III
Virabhadrasana A, B, and C
Side Warrior, Front Warrior, Crescent
Warrior

That's actually only four separate poses listed above. No matter what you call them, Warrior poses are taught in most yoga classes. And they have a lot of working parts.

Come spend an afternoon building up Warrior from the base. Learn about foot placement options. Learn how to wake up your legs. Understand the pelvis and upper body positioning. Learn why you might place your arms somewhere other than out to the side or overhead. You should leave this workshop with a better understanding of how dynamic Warrior is when done with awareness.

Early bird pricing: \$35

After March 6th: \$40

For more info or to register,
contact: www.theyogabarremn.com

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Lynn Shuck has been teaching yoga for over 20 years. Her method, Healing and Balance, is greatly influenced by Eischens Yoga, biomechanics, and a current interest in neuroplasticity. Lynn is known for her ability to see bodies in ways that you may never have considered. This can turn a workshop into multiple private sessions as everyone participating learns about their own bodies as well as about the topic at hand. For more on Lynn, visit www.lynnshuck.com