

Sunday
JUNE 26 2016
2-5pm | \$40

Introduction to SHADOW YOGA PRACTICE



with RADHASRI



Principles of SHADOW STYLE HATHA YOGA will be introduced through dynamic preparatory movements known as 'Dasa Chalana' (ten churnings) along with basic stances. This simple yet challenging practice helps free up the joints in the body, releases muscular tension and encourages the proper flow of vital energy. This workshop is open to all those new to this unique style of hatha yoga, regardless of prior experience.

RADHASRI has been teaching yoga consistently since 1998. She was coowner & a main teacher at 'The Wandering Yogi Studio' based in Vancouver, BC from 2000-2008. She moved & founded Hatha Yoga Shala in Montreal in 2009. Radhasri is currently the only authorized Shadow Yoga teacher in Canada since 2005.

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