

YOGA KURUNTA

THE USE OF WALL ROPES
FOR THE PRACTICE OF YOGA



B.K.S. Iyengar pioneered the use of ropes on a wall to help create freedom of the body and the mind in yoga asana. This workshop with certified Iyengar Yoga Instructor (CIYT) Faith Russell explores the use of the rope wall to help increase understanding and depth in the practice of yoga.

Saturday, June 2, 2018 2 – 4:30 p.m.

Register at www.yogacoop.com 812 East East Dayton St.