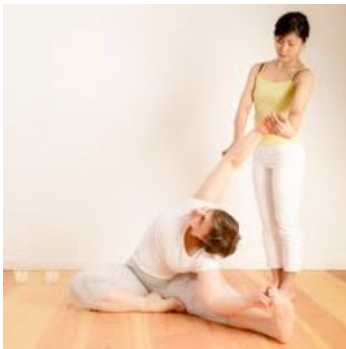


Workshop focuses on traditional, precise alignment of fundamental yoga asanas, as well as surprising new research-based information related to the most common injuries suffered by yogis. You will learn how to help students to practice based on their own abilities and limitations, and how to tailor their practice to their bodies.



This workshop is for students and for teachers of yoga.

Practice hands-on adjustments with other students under the watchful eye of an experienced instructor.

**MAUREEN RAE'S YOGA  
STUDIO**  
5324 Dundas St. W  
Toronto

*Phone* (416-716-7589)

Pre-registration Please

# Align & Adjust

## Hands on Alignment

You will learn how to:

- *'See' and 'read' bodies*
- *Work within a student's aura*
- *Move energy with touch*
- *Modify poses without touch*
- *Safe Modifications*

*2 CanFitPro CEC's  
Handouts Supplied*

**Sunday, February 19**

**1:00 – 4:30 pm**

with

**MAUREEN RAE, E-RYT**

**\$59.95 + hst**