

Tight hamstrings?

Short arms?

Can't sit on the floor?

NO PROBLEM!

Whether you are a yoga practitioner, or if you are a teacher of yoga, this workshop is guaranteed to help you find your own way, or that of your students, into poses you never thought possible!



Taskmaster Joe Donnelly is a Registered Yoga Teacher with Yoga Alliance. His

background includes more than 25 years in the fitness industry, 35 years in the computer geek industry, many years teaching yoga + more recently, training instructors.

Joe has also developed a program entitled 'Strength and Flexibility Fore Golf.'

**MAUREEN RAE'S YOGA
STUDIO**

5324 Dundas St. W
Toronto

Asana with Blocks and Straps

(and other instruments of torture!)

You will experience:

- *Improved Alignment*
- *Greater Flexibility*
- *Comfort and Ease*
- *Safe Modifications*

*2 CanFitPro CEC's
Handouts Supplied*

Saturday, February 4

1:30 – 4:30 pm

with

JOE DONNELLY, RYT

\$59.95 + hst

416-716-7589 TO PRE-REGISTER!