

# Introduction to Ashtanga Intermediate Series

with Cassie Galster, RYT500

**Sunday, May 20**

**2:00-4:30pm**

\$35 if paid by 5-19-18

\$40 day of workshop

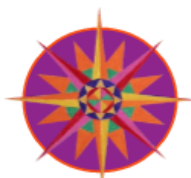


Join Cassie for an afternoon of invigorating backbends, twists and energetic openings in this **Intro to the Second Series of the Ashtanga Yoga** workshop. The Primary or First Series of Ashtanga strengthens and opens the body through forward bending and hip opening....the Intermediate or Second Series takes us further into the “nerve cleansing” of the spine through a series of rejuvenating backbends and interesting twists.

Cassie will provide everyone with modifications as needed...all can benefit from this energizing and uplifting series of postures. This is a workshop recommended for those with prior yoga experience...not appropriate for beginners.

**Enroll today!**

Sign up online on our “Workshops” page at [sundogyogastudio.com](http://sundogyogastudio.com), or see us at the front desk.



**SUN DOG YOGA**

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