

Primary Series Transitions Workshop



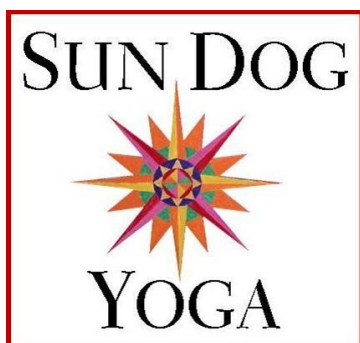
with Melissa Matt, RYT500

Sunday, August 20, 2017...1:00-3:00pm / \$30 fee

The transitions are what make our practice unique in Ashtanga Vinyasa yoga. They provide the “through line”, seamlessly linking one asana to the next and allowing us to maintain a consistent, flowing breath and meditative quality to our practice. The transitions, however, often require deep strength and flexibility. So they can be the place where many students get stuck. But finding renewed focus and the commitment to work through them will provide countless benefits to other aspects of your asana practice.

For instance, jumping back and jumping through are two of the most challenging transitions in the primary series sequence and can take years of practice to master. Working step by step with perseverance, they can begin to add lively energy and fluidity to your vinyasas.

Transitions can take time and patience to learn, but without them our practice can at times feel choppy, heavy, or distracted. Once you start adding them to your practice, you’ll enjoy the increased lightness and dynamism that you’ll find on your mat. Besides having fun by playing with integrating transitions, you build strength and courage along the way. Join us to clean up your practice and let Melissa teach you ways to un-stick yourself! This workshop is suitable for all levels.



Enroll today!

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