



Island Yoga

Presents

Flexibility and Stability in the Upper Body: A Look at the Shoulder Girdle, Neck and Arms from a Yogic Perspective

WITH DEBRA JOHNSON

Sunday, April 30

10:00-noon: Introductory Session

2:00-4:30pm: Intermediate Session

With a focus on the upper body, come explore various yoga postures and how they relate to our biceps, triceps, deltoids, trapezius and so much more! Standing postures, twists, inversions with alternatives and arm balances will be introduced and investigated with body and breath awareness.

Whether you experienced Debra's past workshops or not, this is a not to miss original event!

For more information contact Debra at: debra@iyengaryogacharleston.com

Space is limited, reserve your space at: www.hhislandyoga.com



Event Pricing:

Introductory Session: \$40 (early bird \$35 until 4/23)

Intermediate Session: \$50 (early bird \$45 until 4/23)

Both Sessions: \$80 (early bird \$75 until 4/23)

About Debra:

Debra Johnson, the founder of Iyengar Yoga Charleston, has been practicing this method of yoga for over 19 years and is an Intermediate Jr. 3 in the Iyengar certification system. Having studied in India on 8 different occasions, as well as with many of the established senior Iyengar teachers in the U.S., she brings a strong level of expertise to her teaching.