

FOUNDATIONS OF HATHA YOGA

**SATURDAY
OCTOBER
19TH**

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**1:00-4:00PM
\$30 ADVANCE**

WITH JESSICA WINTERS

**HOT
YOGA**
RENTON



Breaking down the foundations!

COME AND EXPLORE YOUR PRACTICE TO UNDERSTAND:

- * **BASIC ANATOMY - PELVIS, HIPS, SHOULDERS, ABDOMEN & SPINE**
- * **HOW TO USE YOUR STANDING BALANCING FOOT & LEG**
- * **DISCUSS & PRACTICE OF PRANAYAMA - BREATH CONTROL**
- * **STEPS FOR INTERMEDIATE/ADVANCED LEVEL OF POSES**
- * **Q & A WITH APPLIED PRACTICE**
- * **OPTIONAL INTERMEDIATE/ADVANCED PRACTICE**

from 4:15 - 5:15 PM -Additional \$10