

# MASTERING THE POSE

## ASANA WORKSHOP SERIES WITH JENNIFER



Asana, one of the eight limbs of yoga, focuses on the physical aspect of control and release. It is a movement meditation, that prepares the body for further connection of the other limbs. In these sessions we will deconstruct themes of movement throughout the movement system on yoga asana.

This is a three week asana series to focus on the nuances of each pose from the ground up. Learn how to build, hold and transform each week with a different pose that can be used to deepen your practice.

**SATURDAY 17 NOVEMBER 10.30AM-12PM**

### **CHATURANGA AND ITS TRANSLATION TO ARM BALANCING**

Chaturanga is a very challenging asana, requiring a large amount of integration of the whole body. Focus will be given to strength and alignment of the shoulder girdle, with core activation and control along with variations for all levels and related transitions. Variation of asana that build from this pose will be explored also.

**SATURDAY 24 NOVEMBER 10.30AM-12PM**

### **BALANCING**

Balancing postures have a deep purpose of reflecting the steadiness of a practitioner's mind and have a deeper significance of learning detachment and acceptance. This session will work through lengthening, grounding, and alignment for greater competency in balancing. Postures will explore postures in standing balances moving toward hand balancing variations.

**SATURDAY 8 DECEMBER 10.30AM-12PM**

### **HEAD STAND / INVERSIONS**

Inversions are a source of fear for many, they can be very triggering and are often avoided. This session will provide practitioners with a basis to approach inversions safely and more competently. Inversions include core activation, and alignment through several variations. Poses and prep work is suitable for both beginners and novice practitioners.

#### **Investment:**

AED 135 per single class

AED 365 for three classes (10% discount)

*\*All prices are inclusive of VAT*

These workshops are open to and recommended for all levels to learn and explore.

Book your happiness journey today!  
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