



# Mindful Turtle Yoga & Wellness

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## THE TOOLS OF YOGA AND HOW THEY WORK

A Workshop with Danielle Tarantola



Asana is the most popular tool of yoga. Standing alone, though, it is not at all yoga. Only when combined with other practices, it facilitates the process of going inward, which yoga must help us to do. In this workshop – part lecture, part practice – students will learn about other tools of yoga, including pranayama, visualization and meditation, mantra, gestures, and adopting certain attitudes. Students will leave inspired to explore their amazing potentials, and the transformative power of yoga, with more enthusiasm.

Danielle Tarantola, director of The Yoga Foundation, is a teacher certified by the Krishnamacharya Healing and Yoga Foundation. She also trains teachers and offers Yoga Therapy. Through continued, extensive training in India and across the United States with the Desikachar family, she labors to ensure that yoga's profound wisdom comes through clearly, simply, and with total relevancy for our modern times and conditions.

Saturday, October 24<sup>th</sup>, 2009 from 2:00 to 4:00 pm  
\$45 per person

Please Note: You must pay in advance to hold your space for this event