

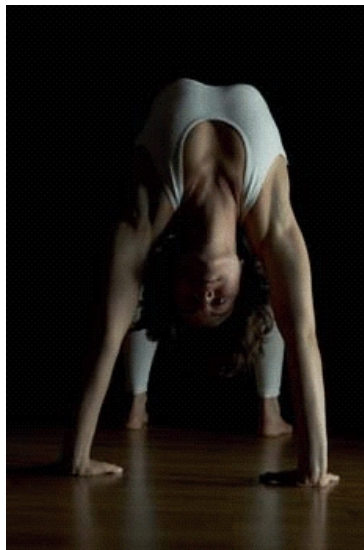


Mindful Turtle Yoga & Wellness

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BACKBENDING AND HIP OPENERS WITH STACY PLASKE...

A Heart-Warming Yoga Practice for a Fall Afternoon



This workshop is suitable for beginner to advanced students alike. We will dive into hip and shoulder opening asanas in preparation for backbending, as the hips and the shoulders play a very important role in successful backbending. Once the hips and shoulders are warmed up and opened, we will move through progressively deeper backbends, repeating them so that the spine opens in a safe, comfortable way. By the end of the workshop, the body will feel open and energized and the heart will be bursting with light and love!

Stacy Plaske, RYT

Stacy is the founder and owner of Balance Yoga & Healing Arts Center in Huntington, NY. She is a 500-hour Registered Yoga Teacher and a graduate of the Long Island Yoga Teacher Training Institute in Northport, Long Island. **Stacy recently returned from her third trip to Mysore, India where she studied Ashtanga Yoga under the tutelage of Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute and received her Authorization to teach the Primary Series of Ashtanga Yoga.** Her comprehensive and integrative training in Eclectic Hatha Yoga honors all styles of yoga practice, although Stacy's heart belongs to the practice and teaching of the Ashtanga Yoga system. Stacy incorporates aspects of all eight limbs of yoga into her classes, as she guides her students through a powerful, transformative practice. Stacy is truly an inspirational yoga teacher and her love and dedication to yogic life shines through in all aspects of her being.

Sunday, November 22nd, 2009 from 1:00 to 4:00 pm

\$50 per person

Advanced Registration Required