



Mindful Turtle Yoga & Wellness

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WORKSHOP WITH ASHLEY ALBRAND: ARM BALANCE, INVERSION AND BANDHA'S

Featuring Sound Healing Savasana with Karin Marcello



In this Sunday afternoon experience, Los Angeles master instructor Ashley Albrand will guide you toward flight. This workshop is recommended for "intermediate" level practitioners, however ALL are VERY welcome to attend. Expect to sweat, pray, strengthen, breathe, laugh and meditate! Your being knows NO LIMITS. Let's float!

Ashley Albrand has taught Vinyasa Flow yoga, meditation, and many styles of dance in Los Angeles, New York and San Francisco. She is a professional Hip Hop dancer and has been studying movement since the age of 5. She was drawn to the study and teaching of yoga for its powerful ability to heal the body and expand individual consciousness. Ashley donates a portion of her income and teaching to Animal Acres, a sanctuary for rescued farm animals, and GEMS, a recovery program for female victims of sexual exploitation. Her classes focus on mood-altering and enhancing asana, pranayama, releasing negative thought patterns, and pranic exchange.

You can learn more about Ashley online at:
AshleyAlbrand.Blogspot.com

Sunday, August 22nd, 2010 from 1:30 to 4:00pm

\$55 with advance registration (recommended) • \$65 the day of the event