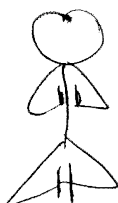


Heart Opening & Backbend Clinic



The Yoga Coop at Casa de Luz is pleased to announce our first class in a series of monthly workshops beginning Sunday August 12 from 2-5pm.

This Heart Opening & Backbend Clinic with Leesalyn explores techniques to help open the chest and shoulders while learning methods to keep the body equally strong and long during backbends. This class is open to students and teachers of all levels with prior yoga experience and the hours may be used as Continuing Education credit with Yoga Alliance.



Leesalyn began teaching yoga in 1998 and has 4 years experience assisting teacher training programs internationally and locally. In May of 2001, she completed her first 200 hours of teacher training, and has since received more than 700 additional hours in the Ashtanga, Iyengar, and Sivananda traditions.

Her teaching style is reflective of studies in both Vedantic and Buddhist philosophy and her practice of Vipassana meditation.

When: Sunday August 12th 2-5pm

Where: Casa de Luz Auditorium

Cost: \$25.00

www.leesalyn.com

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