

Dear students,

I hope that you are all enjoying a wonderful summer and that your gardens are lush and abundant from the rain. The fall session will run from September 13 to November 25. The schedule will follow and can also be found on my website, <http://www.yogaclasses.net>. In the meantime, join us for one or all of the following workshops.

SUMMER WORKSHOPS (Open to All Levels)

These workshops are intended to introduce students to some of the "families" of poses practiced in the Iyengar style of yoga. Developing an understanding of the use of props and the concept of proper alignment allows each practitioner to practice yoga safely and within the range of his or her own abilities. Whether you are a new or continuing student, or a practitioner of other styles of yoga, you will deepen your understanding of these ancient poses and how to work within them in a way that is safe, nurturing, and energizing. A guided relaxation will be included at the beginning and end of each workshop.

LOCATION:

All workshops are held at the Emmanuel Episcopal Church, 21 Stratford Street, West Roxbury. You can find a map on my web site <http://www.yogaclasses.net> and a map and directions on the church's web site <http://www.emmanuelwr.org>

DATES AND TIMES:

HIPS AND SHOULDERS

(open yourself to the joy and freedom of easy movement)

Tuesday, August 26 6 to 8 pm

As we age, many of our daily activities (or lack of), cause us to lose flexibility and movement in our hips and shoulders. Learn some basic stretches that you can practice at home to maintain flexibility in these areas. We will also explore some of the basic yoga poses that work the hips and shoulders.

TWISTS (wring out the old and bring in the new)

Wednesday, September 3 6 to 8 pm

Twists help to relieve backaches, stiffness in the neck and shoulders and to improve digestion and energy level. The standing and seated twists

