

ASHTANGA YOGA WORKSHOP

WITH KIM ABRAHAM

Come learn about Ashtanga yoga; the history, the practices, and the myths! We will explore the eight limbed path including a discussion about the “kriyas” or cleansing practices. Asanas will be broken down in detail and modifications will be discussed.

HAVE NO FEAR! This workshop is truly designed for everyone from beginner to faithful Ashtangi.



Sunday, February 12 from noon to 3:30

\$25 pre-registered, \$35 at the door

Blissworks yoga, 228 State Street, New London, CT

www.blissworksyoga.org