

special guest

KATHRYN BUDIĆ 14 -16 oct. 2011 VINYASA FLOW



about KATHRYN: Kathryn Budic was trained under the expert eyes of the original YOGAWORKS founders Maty Ezraty and Chuck Miller. She teaches regular Vinyasa Flow classes at Yogaworks in Santa Monica, influenced by Ashtanga, arm balances, inversions, core work and laughter.

Kathryn is playful and accepting in her method of teaching, using metaphors to explain techniques in a way that enables a broad range of students to understand the lessons with ease.

Kathryn has been featured in many yoga and health publications and works regularly with the esteemed publication, Yoga Journal. She is also the co-founder of Poses for Paws, a fundraiser dedicated towards raising money for no-kill animal shelters.

don't miss the opportunity to study with this most knowledgeable instructor!

ps: you don't need to be particularly bendy or strong, just bring your smile and flow!



innercityyoga

3 rue de rive, 5th fl. (vis-a-vis apple store) | www.innercityyoga.com | t: 022 310 3535

LEVELS: this workshop is open to all levels, but does not suit pure beginners (without any yoga experience); come train with us prior!

friday 14 oct., 18h30 – 21h15

« **JOURNEY TO THE CORE** » - all levels

celebrate the powers of your abs! learn how to incorporate a strong core into your entire yoga practice. we often cringe at the idea of an intense abdominal routine, but long for the confidence and strength that is created in the aftermath. join Kathryn for a playful practice of focused core conditioning and abdominal awareness in your everyday postures. this class is a great preparation for the workshops on saturday and sunday!

saturday 15 oct., 14h00 – 17h00

« **FLIGHT OF THE YOGI** » - all levels

join Kathryn for a lighthearted workshop of exploration on our hands! this workshop is geared towards both fledglings of arm balances and full grown flyers. we will explore the foundation of arm balancing, the technicalities of leaving the ground on our hands and the playful mindset needed to maintain the balance. we'll begin with bakasana (crow) and explore other poses such as flying pigeon, side crow, grasshopper, eka pada koundinyasana, handstand, forearm balance and many other variations. beginners will learn how to enter these poses, advanced practitioners will learn new entries and possibilities. come with any questions and leave with a refreshed spirit and richer understanding of these amazing postures.

sunday 16 oct., 14h00 – 17h00

« **CHOOSE ONLY LOVE** » - backbends for all levels

everything we do stems from a place of love and often all we need is a little reminder to get us back on that track. backbends are the ultimate ticket to look fear in the face and react straight from our heart center. this love inducing flow will open your heart and shoulders preparing you for deeper backbends such as urdhva dhanurasana and eka pada raja kapotasana. once the heart soars the possibilities are endless!

rates & registration

rsvp: limited space; registration highly recommended.*

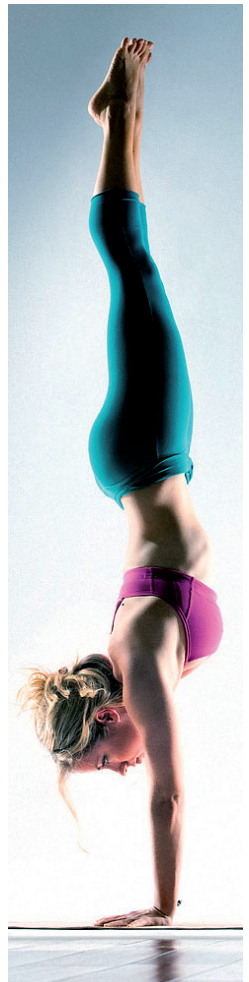
	until 10 sep.	until 10 sep.	as of 12 sep.	as of 12 sep.
	per class	session	per class	session
member	80.–	225.–	90.–	255.–
non-member	90.–	255.–	100.–	285.–
students	75.–	200.–	80.–	225.–

presentation of valid student ID ; max. 30 years of age

for all registration: info@innercityyoga.com | 022 310 3535

à propos de KATHRYN

ce stage est donné en anglais; ne ratez pas cette occasion de pratiquer avec une enseignante aussi compétente que charmante.



*seul le prépaiement permet de réserver votre place. les réservations ne sont pas remboursables. merci | *reservation only accepted when prepaid in cash or by credit card. absolutely no refunds. thank you.