

Are you intimidated or inhibited by BACKBENDS?

Join Yoga Journal Author & Nationally Acclaimed Teacher

Natasha Rizopoulos

and learn principles and techniques which will make your backbending practice enjoyable.

Backbends can be some of the most liberating and exhilarating poses in yoga. Sometimes however, they create feelings of compression and discomfort instead of openness and freedom.

The solution is understanding how to take pressure off the spine. Using a sequence of progressively more challenging backbends, we will explore the alignment and preparatory poses that allow the spine to move freely so you can experience the true bliss of these transformative postures.

For more info about Natasha, visit: www.NatashaRizopoulos.com



Beginners to experienced practitioners welcome!

Joyous Backbends - Set Your Spine Free

Saturday, July 10, '10, 10:30am-12:30 pm



5 Dundee Park ~ Andover, MA ~ 978.475.2020 ~ www.YangsFitnessCenter.com

PRE-REGISTRATION SUGGESTED AS SPACES ARE LIMITED!

7/10/10 ~ 10:30am-12:30 pm
Joyous Backbends

	Yang's Members & YWIT Alumni	Non-Members
Early Bird by 7/1	<input type="checkbox"/> \$25	<input type="checkbox"/> \$35
After	<input type="checkbox"/> \$35	<input type="checkbox"/> \$45

Payments are non-refundable 14 days prior to workshop but can be transferred to another person for the same workshop only. Refunds subject to 10% administration fee.

Name: _____ Birthdate: ____/____/____

Address: _____ Apt. # _____

City: _____ St: _____ Zip: _____

Day Phone: () _____ Evening: () _____

Email: _____

How did you find out about this course? _____

Do you have any previous Yoga experience? _____

Do you have any medical concerns or injuries we should be aware of? _____

RELEASE & WAIVER OF LIABILITY

In consideration of services to be received as a student on these premises, the undersigned hereby releases and forever discharges Bodies In Motion, Inc. d/b/a Yang's Fitness Center & Yang's Martial Arts (Yang's), its heirs, successors, administrators and assigns from any and all actions, cause of actions, liability, claims and demands upon or by reason of any damage, loss, injury or suffering known and unknown which may be sustained by student(s) named below in connection with and in the course of receiving training and techniques on these premises, from the instructor or instructors, staff, official or employees of this association or any fellow students on the premises in connection therewith and within the course of taking training or lessons for the purpose designed in this application. He/She hereby waives all his/her rights to claims, actions, cause of action, demand for suit of loss, injury, damage, or suffering sustained on the part of Yang's. As a precondition to admission, the undersigned represents that the participant is physically fit to participate in such training and techniques offered at Yang's.

I have read & understand the REFUND POLICY.