

How to Balance Strength + Vulnerability

Weekend Workshops with Alyson Shade

Friday, August 18th @ 6-7:30pm
Saturday, August 19th @ 2-4:00pm



"Both soft and fierce can coexist and still be powerful." ~unknown

Join us Friday evening for an invigorating vinyasa flow designed to energize + empower. Class will be all-levels and consist of sun salutations and step-by-step instruction into arm balancing postures. Physical focus will be on strengthening legs, core, lower back, arms and shoulders.

\$20

On Saturday we will apply new strength to open our hearts. Class will begin with gradual warmups and gentle spinal extensions, leading into deeper backbends and arm binds. Physical focus will be on increasing flexibility in the shoulders, chest, spine and hips

\$40



Register at www.realignmentstudio.com/workshops.

Workshops are all-levels and will provide detailed instruction to help you feel safe and comfortable exploring new postures. We highly encourage you to bring your own mat, water and journal. Blocks, straps and blankets will be provided by SMYC. Email alyson@realignmentstudio.com with any questions.

**St. Mark's Yoga Center
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