

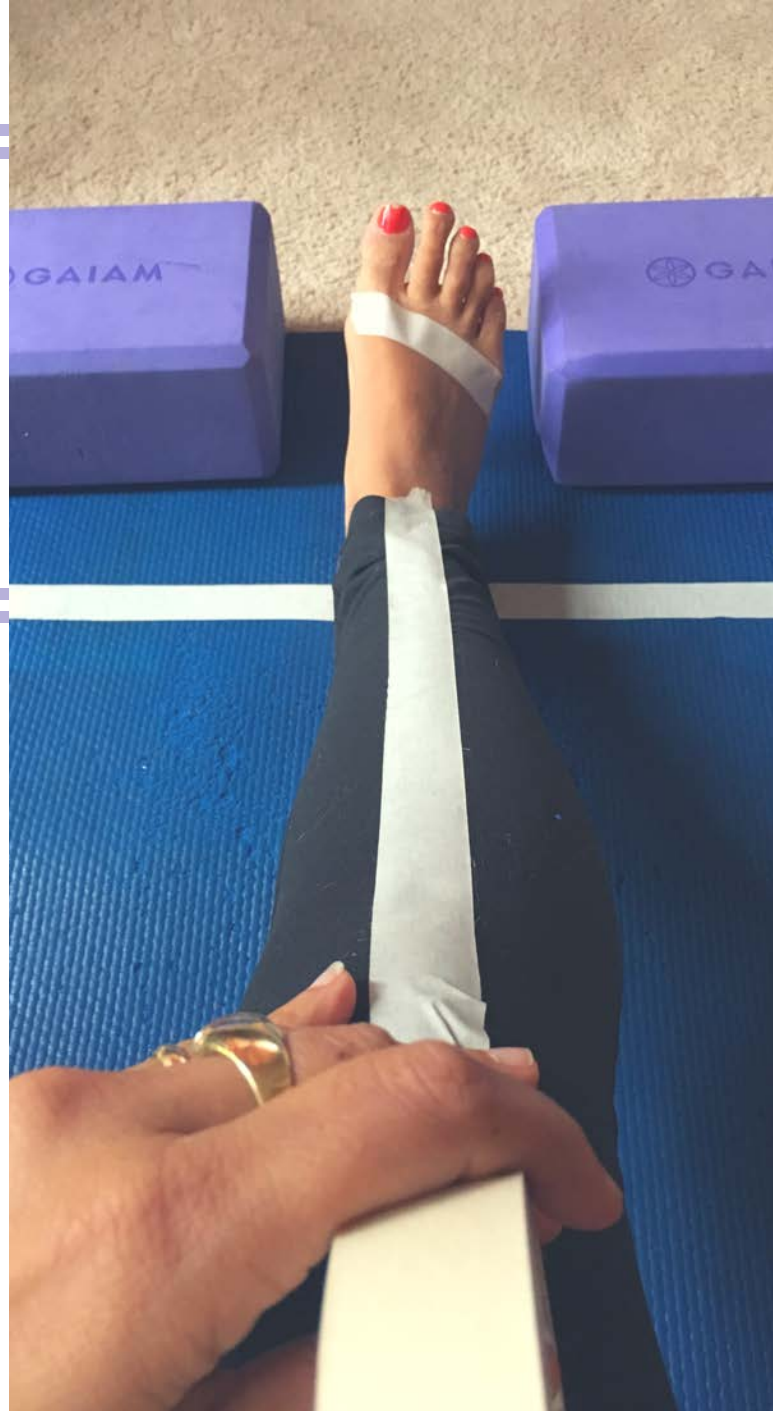
— LINES —

Back to the Drawing Board

Friday, Sept. 14 | 6:30-8:30pm

with Dani Locastro

Mark up your mat and you! Not with crayons or paints but with tape to set up lines and guides for standard postures to help illustrate the foundation of setting up a pose on the mat while aligning your body and breath. As an artist and yoga teacher, Dani knows that at some time every yoga student or teacher resorts to having to draw stick figures for remembering or sequencing poses. This heArtful approach of lines on the mat and body will give you a with a new perspective of essential line that your body makes in the pose. It's as if stick figures are coming to life.



All levels welcome

Pre-registration required

\$40 Fee / \$35 Members



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