

Back bending: Creating Space & Penetrating Layers

With Michael Bridge-Dickson & Eugene Poku

Time: 2 - 5pm.

Cost: \$45 per session \$75 for both

Level 1 Nov. 28, 2009 Creating Space

We will cover fundamentals of back bending, primarily: hip, groin, and quad opening; chest and shoulder opening, and maintaining length in the spine while back bending

Level 2 Dec. 5, 2009 Penetrating Layers

Taking the skills learned November 28 and applying them to more advanced symmetrical back bends.

Required

Level 1 or a consistent Yoga practice



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