



The fine print...

Cost: \$50 —

Payment reserves your spot

Rebecca Dennis of Laughing Bodies Yoga has a 40-year yoga practice which incorporates many styles of Hatha and Vinyasa Yoga.

Her approach is inspired by the belief that an inherent joy resides in us all, and appeals to yoga beginners and experts alike.

Formally trained in performing arts, Rebecca incorporates poetry, music, movement and humor to demystify esoteric teachings and make yoga more relevant in our present culture.

Arm Balances & Inversions:

*A yoga workshop with
Rebecca Dennis, e-ryt 500
Sunday, April 14th @
1:00-4:00 PM*

These poses look hard (and no doubt they do take some strength) BUT when you know how to line up your bones with gravity, these postures are more accessible than you think

Rebecca Dennis has 25 years of professional experience teaching students how to move their bodies in ways they never thought they could.

Join us for this fun, explorative workshop that promises opportunities for yoga teachers as well as yoga enthusiasts!

ALL BODIES WELCOME!

Workshop is hosted by Sattva Yoga

433 West Grand Avenue, Escondido, CA

Pay online at www.sattvayogacenter.com
OR

Pay at the front desk.

Pre-payment reserves your spot!

