



The Eight Limbs of Yoga

Walk down the Yoga's Path and Learn about
the Beautiful Philosophy Behind It
with Frances Rothenberg, RVT, E-RYT500

Sunday

March 24, 2019

12 noon - 3:00 p.m.

Space is limited

Please call for reservation.

Workshop fee: \$40
per person

Teachers receive
3 continuing
education units
per workshop toward
Yoga Alliance
renewal



Most of us know that our Yoga practice consists of physical movement or "Asana." However, asana is only the third of Eight branches on the "yoga tree!" The



name 8 Branches comes from the Sanskrit term Ashtanga (which is where the "modern" and "hip" term "Vinyasa Flow" comes from) and refers to the eight limbs of yoga: Yama (attitudes toward our environment), Niyama (attitudes toward ourselves), Asana (physical postures), Pranayama (restraint or expansion of the breath), Pratyahara (withdrawal of the senses), Dharana (concentration), Dhyana (meditation) and Samadhi (complete integration). Join us for this delightful, enlightening workshop. Learn what and WHY we do what we do when we practice YOGA :)

Frances was introduced to yoga in 1999 and credits yoga for transforming her life physically, mentally and spiritually. She holds a degree in Kinesiology from U.C.L.A. and has worked in medicine since 1983. She truly believes that to experience our lives to the fullest, our bodies were meant to move. Thus, her teaching style reflects an emphasis on breath and movement to maintain a healthy mind-body connection. Having studied with numerous amazing teachers, she has synthesized many styles into a stew of slow flow with alignment based postures and breath awareness. She received her 200 hour teacher certification from Yoga at the Village and her 300 hour advanced training from Black Dog Yoga under the mentor-ship of Sigrid Matthews. In addition, she holds a certification in Therapeutic yoga and is a certified Level 1 Yoga Tune Up® teacher.