



Yoga for Health Sunday Workshops Winter 2010

Open the Hips - with Becky

January 24th

From standing poses to twists to inversions, our hips are active and must be flexible in yoga practice and everyday living. In this workshop, we will explore a wide variety of poses that bring opening and space, and increase range of motion in the hip region.

Learning the Ropes - with Rebecca

January 31st

Explore the dynamic and fun use of Wall Ropes. Learn how to use the ropes to: open areas of the body that are difficult to reach, gain extra support and enhance basic and advanced asanas.

Open the Heart - with Becky

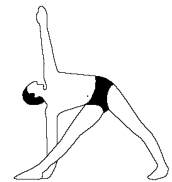
February 14th

Happy Valentine's Day! Join us for an evening of heart-opening poses, including restorative and backbending asanas. Let the breath, love and light expand through the heart center.

Strengthen the Inner Core - with Becky

March 28th

Come join us for a vigorous sequence of asanas that will put you in touch with your inner core. Build strength, flexibility, and awareness in the abdomen and surrounding muscles. Enjoy the strength and power of a strong and balanced inner core.



All Workshops 4 to 7 PM
\$35 each or 4 for \$120
Suitable for all levels

Call 814-237-3042 to pre-register!

Becky Rumbel is an Introductory level certified Iyengar Yoga instructor. She is a long time student of Dean and Rebecca Lerner and has been practicing yoga since 1997. She brings tremendous practical experience to her classes. Becky has been teaching yoga at the Center and other locals since 2002.

Rebecca Lerner is co-director of the Center and an Intermediate Senior I Certified Iyengar Yoga Instructor and has studied five times in India with the Iyengar family A devoted practitioner since 1976, she brings keen insight, perception and depth to her teaching in a clear concise manner.

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