

Ashtanga Yoga Exploring the Primary Series

**Location: Chestnut Hill
Healthworks (Breathe Studio)**

Date: Sunday, May 18th

Time: 2:00pm – 5:00pm

**Fee: \$40 Members/ \$45 Non-
Members**

****Sign-up via Bookings Plus!****

Join us for this detailed workshop in which we break down the primary series of Ashtanga Yoga pose by pose. Proper alignment and modifications will be explored while we will also delve deeper into the deeper components of breath, bandhas (core) and dristi (gaze). Ashtanga Yoga, as taught by Sri K Pattabhi Jois of Mysore, India is a vigorous practice consisting of a progressive series of postures and internal work to balance and strengthen body and mind.

This workshop is open to those newer to Ashtanga, as well as those looking to refine their practice. Although Ashtanga is a powerful and challenging practice, beginners are most welcome.



JenMalone, a student of Ashtanga for seven years brings a wealth of knowledge, humor and enthusiasm to her teaching. Her studies include 2 months in Mysore, India with Pattabhi Jois, one month with Noah and Kimberly Williams, teacher trainings with David Swenson and Tim Miller and many other workshops and trainings.

She teaches Ashtanga at Chestnut Hill Healthworks on Tuesday and Thursday mornings.

HEALTHWORKS
FITNESS CENTERS FOR WOMEN