

Alignment & Foundation of Asana Practice

with Hsiaolin Wang

Saturday, Nov 3rd

1:30 - 3:30 PM

Cost: \$35

(Early-bird \$30 through Oct 15th)

Want to learn more about **Asana Alignments**?
Foundation is everything. While yoga is beneficial to overall wellness, misalignment can often lead to chronic injury and pain. It can also be a roadblock to advanced postures. In this workshop, we will deep dive into alignments for various poses from standing to seated postures, and how to practice safely. We will also look at how yoga helps improve mobility/flexibility and gain strength.

All levels are welcome!



NuLife Yoga

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Questions?

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