



The Yoga Solution

20 YEARS

5290 Elvas Avenue

Sacramento, CA 95819

(916) 383-7933

www.TheYogaSolution.net



Natural Balance Workshop

with
David Sirgany



Join David for an afternoon of exploration that will focus on and clarify the practice of balancing poses.

Participants will learn through the practice of asana how to build and employ intelligent expressions of strength and flexibility, while consciously aligning with and against, natural gravitational force. Balance poses help us to sharpen our concentration of mind and lead us further along the eight limbed path of yoga.

All levels of students are welcomed.

David Sirgany is an ardent practitioner of Iyengar Yoga for thirty years, whose depth and passion for the subject shine forth brightly in his teaching. He has studied directly with BKS Iyengar and his family on numerous occasions in India, and teaches both nationally and internationally.

Sirgany.blogspot.com

June 4th , 2017

2:00 pm - 5:00 pm

Cost

\$ 55 if paid by May 25th ;

\$ 65 thereafter.

Cancellations prior to May 25th will be refunded minus a \$15 admin fee; No refunds after May 25th unless a replacement can be found.

For additional information or to sign up contact:

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