



17100 Detroit Ave, Lakewood, OH 44116
440 773-1605 www.westsideyogastudio.com

Empowerment Workshop

*Strengthen, Empower & Inspire Your Practice
Take the Next Step To Enhance Your Skills and Abilities
Taught by Evin Bodell.*



Dates: FEB. 28th-March 28th

Time: 1-4:00 PM

Fees: \$35.00 /class.

\$150.00 for all 5 Classes.

*“Flow with Grace” Learn the Techniques of Body Mechanics and
“Universal Principals of Alignment” Inspired by Anusara Yoga.
Understand your body’s potential, your individual blueprint to
maximize your yoga practice. Skills become intuitive &
empowering, increasing your strength & ability to deepen your
practice allowing you to do things you always wanted to but never
imagined were possible.*

Let the beauty of what you love be what you do” Rumi”

Introduction to the Anusara Yoga Practice, Learning the Skills to Deepen Your Practice. Each week will focus on the "Universal Principles of Alignment" including "Muscular and Organic Energy", Energy "Loops and Spirals" and concepts such as "Flowing with Grace".

Session 1-The Essence of Tantric Philosophy, Vinyasa Flow Practice

Embrace the purest of intentions and inspirations for yogic practice. Peel away the layers that obstruct and limit you from experiencing the connection to freedom in your body, your true nature. Take a deep breath connect with your heart. Intergrate Tantric teachings into your yoga practice letting it inform each movement with grace. Introduction to the Principles,

Session 2- Finding Stability and Freedom- Standing and Balancing Poses

Inner Body Bright, Focal Point in Standing Poses, Principles of Alignment in the Feet, Legs and Pelvis, Muscular and Organic Energy, Vinyasa Flow Practice

Session 3- Rinsing & Soaking From the Inside Out - Twists & Forward Bends,

General Principles in the body, the spine, hips, shoulders and core. Mechanics of Twists and Forward Bends

Session 4- Backbends, Freeing the Upper and Lower Back

Focal Point in Backbends, Opening the Heart, Principles of Alignment in the Back, Shoulders, Head and Neck, Loops and Spirals of the Upper Body

Session 5-Releasing Tight Hips

Muscular and Organic Energy, Loops and Spirals of the legs and pelvis, using your core

Session Inversions, Armbalances

Shoulder & Kidney Loop, Pelvic Loop, Organic Energy, Hug Into The Core, Focal Point for Inversions

Name _____ Date _____ Phone _____

Please Check session(s) you will be attending, each Session is \$30.00, all six \$150.00

Session 1 Feb 28th ___ Session 2 March 7th ___

Session 3 March 14th ___ Session 4 March 21st___

Session 5 March 28th___

All Five Sessions ___ Payment Total Amount Enclosed \$ _____