

WINCHESTER STUDIO

# TUESDAY

## Workshop Series

7PM - 8:30PM  
\$15 PER WORKSHOP



**JUNE 19**

Bo Bowman &  
Jen Bryant

**Aerial Beginners**

Take your ground practice to new heights! Learn the basics of aerial yoga in this fun yet accessibly paced course. Students will experience the fundamental skills used to safely and confidently sit, stand, swing and invert.

**JUNE 26**

Katherine Berger

**Summer Ayurveda**

Ayurveda is the sister science of yoga. In this workshop we will explore poses and movement you can use to help you cool off and stay focused in the hot summer months.

**JULY 10**

Kate Powell

**Home is Where the Heart Is**

This workshop hybrid of yoga and energy medicine will be a journey inward to our true home. Including a mini sensory yoga practice, meditation, and discussion-we'll explore how we get lost and how we find our way back to the purity of our soul's worth.

**JULY 10**

Jennifer Bayliss

**Being Compassionate with Yourself: Exploring Ahimsa**

Ahimsa is the first yama in the Eight Limbs of Yoga, defined as compassion for all living beings. We will investigate ways to be kinder with ourselves through chanting, breathing, asana, and meditation.

**JULY 24**

Christa M. Joyce

**Myth in Asana: Connecting to Story to Understand our Practice**

Join Christa for a fun exploration of the story of Hanuman, one of the many myths in yoga tradition, and explore how his great devotion and flight can inspire you to do the same. The practice will include story, postural breakdown, chant, and asana practice that will lead you to Hanumanasana.

**JULY 31**

Renee Irons

**Supporting Recovery with Yoga: Aligning with the 12 Steps**

There's no question the exercise and meditation can lessen symptoms of cravings, anxiety, and restlessness that go along with getting clean and sober. This workshop will cover breathing techniques to calm the mind and body and explore the 12 steps through gentle yoga poses.

**AUG 7**

Paulette McGee

**Santosha: Nourishing a Sense of Contentment**

We'll delve into the meaning of Santosha, the second Niyama. We will move through a sequence, taking time with each pose and it's variations as well as finding ease with our own expression of each.

**AUG 14**

Terri Ward

**Soul Writing: Awakening Your Authentic Voice through Yoga and Meditation**

In this workshop we will utilize chakra-focused meditation, asana, and breathing techniques to awaken creativity and empower your authentic voice and personal truth to shine through in your writing. Bring a pen and notebook.

**AUG 21**

Robin Wasser

**Slow the Flow: Lunar Poses to Balance a Daily Yang Practice**

In our get-it-done-yesterday culture, it can be difficult to slow down. This workshop will look at differences between Yin and Yang, practice breathing techniques, and move through moon salutation. We will decrease rushing by seeking patience and contentment.

**AUG 28**

Mandy Jackson

**The Other Yin(g) and Yang: Breathe, Sweat, Shake, Let it Go**

This will be a fun and high energy class w/ 90's hip hop music including the Ying Yang Twins. We will move a lot, sweat, take dance breaks, and then slow down with some sweet whispers, stretching, and Sade-vasana.

**SEPT 4**

Erin Swisshelm

**Support your Practice by Building Strength**

Are you interested in learning how to develop upper body and core strength to support your practice? If so, this workshop is for you. We will explore poses, props, and drills that will help you build the strength you need to safely advance your physical yoga practice. \*Suitable for all levels- props and modifications offered

**SEPT 11**

Christa M. Joyce

**Find Your Warrior**

Gain strength and the feelings of purpose and conviction through postural and breath work combined with a fun exploration of the mythical stories of some of these common poses.

**SEPT 18**

Theresa Voellinger

**A Deeper Look at Chaturanga Dandasana - Pitfalls and Possibilities**

Chaturanga Dandasana is a tough pose! However, it is found repeatedly in most vinyasa flow classes. Over time if not performed correctly our bodies can pay the price in terms of injury. In this workshop we will break the pose down, look at proper body alignment, explore modifications, and learn techniques to continue to strengthen our bodies for this challenging pose.

**SEPT 25**

Katherine Berger

**Autumn Ayurveda: Another Look at the Sister Science of Yoga**

This time moving through grounding poses that give us rest from the busy summer. We will discuss some simple ways to keep yourself feeling healthy as we move through into a new season. \*Info will be available about a fall Ayurvedic detox

**OCT 2**

Bo Bowman

**Come Fly With Me! An Introduction To Acro Yoga**

Elevate your ground practice with the fundamentals of flight. Though taking your practice from the mat to the air will increase balance and body awareness it is not all work. Discover your inner child and bring a sense of play as we partner Prasaritta, Salabasana and Adho Mukha Vrksasana.

**OCT 8**

Katherine Berger

**Autumn Ayurvedic Detox**

Learn how to eat for the season with the help of Ayurveda. Menu, yoga, breathwork, and FB group are included

Join our incredible staff of teachers as they explore and illuminate the physical, mental and spiritual through these community workshops.

Just \$15 per workshop.

Advanced sign-up recommended as space is limited.



REGISTER ONLINE:

[JalaYogaFlow.com](http://JalaYogaFlow.com)  
401.440.0279