

STRENGTH & BALANCE IN THE ASANA

WITH WILLIAM PROTTENGEIER

Sunday, November 7th

1:00 - 3:00 p.m.

\$40

Patanjali states in Yoga Sutra II.46, Sthira-sukha asanam: A yoga posture should be stable and comfortable. How does alignment nurture strength and balance? Through a variety of asanas we will explore how precision and alignment does this. How is the structural alignment of the musculoskeletal system reflected in our minds and our lives?

Six months yoga experience required.

Pre-registration and pre-payment is required (minimum of 10 attendees).

William Prottengeier, a certified Iyengar instructor, has been practicing Yoga since 1975, and teaching Yoga since 1979. William's teaching flows from the Hatha Yoga tradition of B.K.S. Iyengar. His teaching blends and balances concentration and precision in asana practice with mindfulness and compassion in daily living.



Register for Strength & Balance in the Asana with William Prottengeier by completing and sending this form with a check payable to Mind Body Solutions at 17516 Minnetonka Blvd. Minnetonka, MN 55345. Deadline for registration is November 1st, 2010.

Name: _____

Address: _____ City, State & Zip: _____

Phone: _____ Email: _____