

DECONSTRUCTING DOWN DOG

(AND CHATURUNGA, AND PLANK, AND ALL THE
MAKINGS OF YOUR SUN SALUTATION!)



Does something feel “not quite right” when you're in Downward Facing Dog? Do your shoulders scream after your Chaturunga, and your lower back wimper with your Upward Facing Dog? Do you stifle a laugh when your Yoga teacher refers to Down Dog as “a resting pose?”

Or, maybe, you're new to Yoga, or you've just always wanted to better understand the components of Surya Namaskar, also known as the Sun Salutation. Many flow classes are based on these series', and having a better understanding of them will make Yoga safer, more accessible, and SO much more enjoyable for you!

In this workshop, we will use props, drills, and some chatting too, to dissect, and better understand these fundamental movements of Yoga. When done correctly, these simple asanas can transform your practice, and offer you a great framework for home practice, too! All levels are welcome (as we will discuss modifications, as well!) Save your spot now!

When: Sunday, January 27 at 4:00 pm

Where: Sunflower Yoga at Nutmeg's
208 College Highway
Southwick, MA 01077

\$20 in advance / \$25 at the door. Save your spot at www.Squareup.com/Store/NutmegsDance