



"Fear and fatigue block the mind. Confront both squarely, and courage and self confidence will flow into you."

–Yogacharya BKS Iyengar



The PSOAS HEART CONNECTION: Finding *BLISS* in BACKBENDS

a yoga workshop with
AVERY KALAPA

SATURDAY NOV. 9th 2-5pm @ HIGH DESERT YOGA

Opening the front body can **enliven, invigorate, and uplift** yoga practitioners; backbends are a natural antidepressant and help bring the awareness deep within. However, without a strong foundation, backbends can create discomfort and even pain in the body as well as the mind. Extend and expand intelligently, incrementally, and make friends with the purifying, enlivening practice of opening the heart: the role of the feet, quadriceps, groins, the iliopsoas, spine, rib cage, heart, lungs, shoulders and neck will all be addressed. One year of yoga experience recommended.

Avery Kalapa is a Certified Iyengar Yoga Teacher (CIYT) eRYT500, BFA and Healing Justice Advocate, practicing for 20 years & teaching since 2004. She is grateful for extensive study with senior teachers in the US and in India. The Iyengar method, Patanjali's Yoga Sutras and Vipassana meditation are the foundation for Avery's practice. She brings a depth of skill, rigor, compassion, and commitment that creates not only safety and accessibility, but inspiration and transformation. Learn more at averykalapa.com, on fB at Yoga with Avery; on Instagram: @Swayvery.

Investment:
\$55 Early Bird
\$65 at the door
(plus tax)

High Desert Yoga
highdesertyoga.com
505.232.9642
4600 Copper Ave SE
Albuquerque NM
87108