

PROPS FOR TEACHING AND TEACHERS

A Class for Yoga Teachers, Teachers in Training, CIYTs, and Graduates of TT Programs



Saturday, September 29, 2018 2:00-3:30PM

Fees: \$18 (including tax)

Join Josephine Lazarus, CIYT, for an experimental and experiential overview of the use of various props for your own practice and for use in your classes, applying alignment principles.

Josie has been teaching and practicing yoga for 45 years and brings her experience from many years of study with the Iyengar family and senior teachers.

Contact Josie @ archanayoga@me.com with questions or special requests. Josie loves to share her devotion to the healing qualities of yoga.

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