



HIGH DESERT YOGA



YOGA FOR NECK AND SHOULDERS

SUNDAY JULY 8, 2-5pm

**a workshop with
AVERY KALAPA
at HIGH DESERT YOGA**

Get relief from aches and pains in your neck and shoulder region through simple, effective yoga practice. Day to day activities such as driving, screen time, or caregiving takes a toll on our bodies. Take time to rebalance, stabilize, and release, through experiential anatomy and Iyengar yoga. All levels welcome! Great skills for yoga teachers; workshop counts towards CEUS.

cost: day of: \$50 +tax, preregisterd: \$45 +tax
register at High Desert Yoga
highdesertyoga.com

505.232.9642 4600 Copper SE ABQ NM 87112

AVERY KALAPA has been practicing yoga for nearly 20 years, and teaching since 2004. She exudes commitment, passion and precision. She has traveled around the US and to India to study yoga: both therapeutic application and advanced practice, and brings a depth of skill, rigor, and experience that creates not only safety and accessibility, but inspiration and transformation. ERYT500, YACEP, soon to be CIYT. Learn more at averykalapa.com. Insta: swayvery FB: Yoga with Avery

