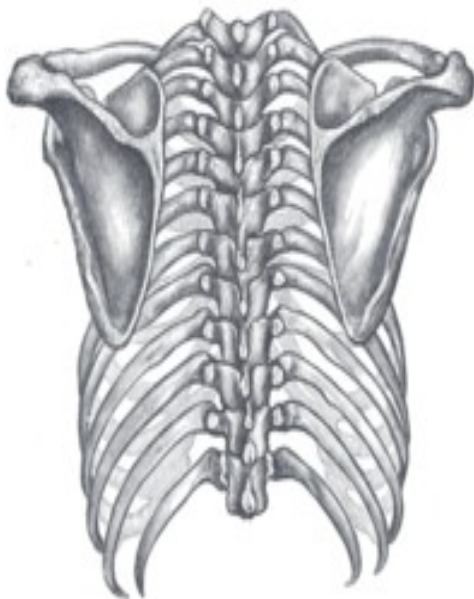


Back Body

Yoga



Date: Wednesdays April 2, 9, 16

Time: 5:45-7pm

Location: Santa Fe Community Yoga Center, 826 Camino De Monte Rey, B-2, Santa Fe, NM 87505. www.santafecommunityyoga.com

Stand up tall. Show some spine. Watch your back. Don't get all bent out of shape. Put your back into it. Some will credit the ancient Chinese sages and some the ancient Yogis: almost anyone will tell you a strong, flexible, dynamic spine is a key to health and longevity. What you may not know is that finding the back of your body, and playing with the support of your spine, may actually help you park your car and live your life by helping you find your own rear view mirror.

Together we will play with the interweaving of the front body and the back body. You will leave each class feeling longer (if not also taller). And you'll find the support you need behind you to move forward (and back!) in space with ease.

This class is appropriate for all levels, especially those who want to get behind their practice and explore deeply. Drop in: \$12. All 3 classes for \$30



Laughing Tree Space
resources for embodied living

About the instructor: Sarah Michelle "Sarasvati" Cutler is a Kripalu Certified yoga teacher, Polarity and Cranial Sacral Therapist, and a bicycle-riding Peace-fool (watch for red noses and a helmet spiked with antennae.) Sarah brings a passion for embodied living to all her classes. Please visit www.laughingtreespace.com for more Resources for Embodied Living.