

# PROTECT & PERFECT YOUR POSE

Saturday, October 16

1:30-3:00PM

\$25 per person  
(\$30 at door)



***If you've ever asked yourself, "Am I doing this pose right?", or "How is my alignment?" - then this interactive workshop is for you!***

From basic poses, to more challenging postures you may otherwise hesitate to try in a regular class, Tina will take quality time to breakdown several different poses of your choice so you feel more safe, confident and comfortable in each. Proper positioning tips, alignment technique, modification options, and props will be used to help you better understand, enter/exit, and experience each pose safely. Then we'll incorporate what you learned into a short practice flow.

This is a great opportunity to expand and enhance your practice with guidance and support!

**An interactive workshop with your input, we invite you to email us in advance of Oct. 16 with suggestions of any specific poses you'd like to work on: [info@updogyoga.com](mailto:info@updogyoga.com) (subject line: "Protect & Perfect").**



**Yoga Instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop**

Pre-register online: <https://www.updogyoga.com/workshops/rochester-workshops>



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