



::: 5632 La Jolla Blvd. • Bird Rock :::
::: 858.459.YOGA :::



with *Pamela*
Hollander

Pamela Hollander is an experienced yoga practitioner of 40 years with over 27 years teaching experience. Her compassionate and knowledgeable teaching is loved Nationwide. She is the author of *Indigo Yoga: The Fine Art of Teaching Yoga to Children*.



To Register Call
(858) 459.9642

Hatha Yoga Workshop

This 4-week Raja yoga workshop will provide the student a clear understanding and foundation of yoga philosophy, breathing and basic postures. The reason for the practices and details of the 8-limbed system, including specific techniques, for Self-realization will be covered. 2-hour sessions will also include instruction in proper breath technique (pranayama), Hatha yoga posture practice (asana) and techniques to use the mind (meditation).

Students learn how to work with themselves in a loving way to restore health on every level (physical, emotional, mental and spiritual), release tension, increase strength and flexibility, assist injury recovery and backaches, improve circulation and create peace of mind.

Individualized attention is given in a supportive encouraging atmosphere. No previous yoga experience is necessary, and All Level yoga students are encouraged to join us for this very special workshop.

Saturdays August 20 – Sept 10

1:30pm – 3:30pm

\$75

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