



Two Dog Yoga

Anatomy in Asana

with Irene Alexander, LMP



Sundays * 2:00 - 4:30 PM
February 7, March 7, April 4



Be amazed by your body!

In this series of workshops, scientific information will be blended with imagery and felt experience to introduce you to your own body on a new level. Having a clearer understanding of anatomical structure will help you move with more ease and safety. Bring your physical challenges, questions and curiosity. We will be active and playful, seeking to integrate body and mind. **All welcome regardless of physical ability and yoga experience.**

Topics: February 7 - Feet, legs, hips
March 7 - Arms, shoulders
April 4 - Back, neck

Fees: \$35 individual session
\$95 entire series

Irene is a certified massage practitioner and has been teaching yoga since 2004. Her fascination with the anatomy of movement informs her yoga teaching and massage practice. She is continually inspired by the power of yoga to transform bodies and lives.

Pre-registration requested
Questions: irene@twodogyoga.com

12549 28TH AVENUE NE
(206) 367-9608
www.twodogyoga.com