



BODY TUNE UP BLISS

Move your body
the way it was designed
to move and align!

This workshop will be a blend of Hatha Yoga and Yoga Tune Up® techniques designed to be a head to toe total body tune up. Learn new and fun ways to explore fundamental human movements, movement anatomy and alignment as it applies to Hatha and Vinyasa Flow Yoga. This workshop will also include guided self massage with a restorative approach using the Yoga Tune Up® therapy balls.

SATURDAY 7-24-2010

1:00pm - 3:30pm

\$20.00 Pre-Registration

\$25.00 at the door

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KARRIE WARDLOW wants her students to live better in their bodies. She uses the art and science of yoga to restore and preserve the natural movements of the human body. Her instruction strikes a balance between stretching and toning to create overall health in the tissues and joints. An emphasis is placed on self care through intentional movement, self massage, breathing techniques and down regulation of the nervous system. She always keeps the tone light and playful because she believes that moving the body should be a joyful thing. Join her for an experience that will lighten the body and mind. Her movement experience includes: Hatha Yoga, Yoga Tune Up®, Iyengar Yoga, Anusara Yoga, Ashtanga Yoga, Vinyasa Yoga, Pilates, Budokon, Laban technique, butoh, 5 Rhythm Wave and Temple Dance.

