

The FEET, the SPINE and TADASANA

Discover the profound impact of grounding your practice from the feet up!

ANDREA ESCOS

Saturday December 6, 2024 10-4pm (with a lunch break) \$108

Includes a Powerpoint anatomy presentation.

Open to all students and teachers.

The feet are the furthest from our minds, physically and mentally. Yet, we can agree this area is worthy of our attention! We will start with a comprehensive dive into the feet including anatomy, functional mobility and reflexology; then learn a unique way to align the feet with the spine. Leading to a deeper understanding of Tadasana as the foundation in every pose. Explore reflexology in each asana. Practice dynamic and restorative Asana. Whether you are a seasoned practitioner or new to Iyengar Yoga, this workshop will provide valuable insights into finding better alignment, posture with overall well-being and mindfulness in everyday practice.

Qualifies for 5 Yoga Alliance CEU's



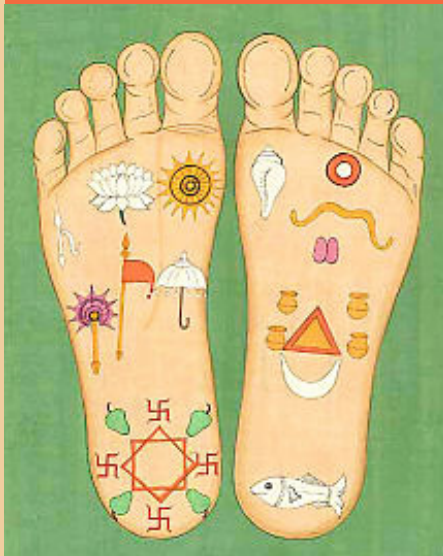
Andrea Escos PT, RYT-500

Andrea is a long-time student and teacher of yoga, graduating from the Open Sky Yoga Center in 2007 and studying with various Senior Iyengar teachers. She brings understand from over 30 years of practice as a physical therapist to support the art of Yoga through science and experiential practice of self-awareness. Andrea teaches an insightful, playful, and practical class for all levels.

**IN PERSON
ROCHESTER, NY**

**Open Sky Yoga Center
5 Arnold Park
(behind Zen Center)**

*"A yogi's brain extends
from the bottom of the foot
to the top of his head."
—BKS Iyengar*



Please register online at www.openskyyoga.com