



## THE ESSENTIAL ELEMENTS OF ALIGNMENT WORKSHOP

For students and teachers wishing to expand and deepen their understanding of Yoga.

**Experience the Heart of Yoga with Perri van Rossem**

Cost: \$ 250 + HST

Is your yoga practice creating freedom in your body and life?

***Yoga should never hurt or cause pain or strain. Yoga is only freedom!***

Principles are not individually applicable but practice is. At this workshop you will learn:

- the principles of yoga practice outlined in Patanjali's Yoga Sutras
- how to use breath as the conductor of your practice
- to release patterns of tension and create ease of movement
- to align your body and effort to negotiate gravity efficiently
- why function follows form and how to adapt a practice in the appropriate manner for you.

With intention and intelligence, we experience how breath and movement create a safe and confident practice that results in ease and freedom in body, mind and spirit. Through the body, by way of the mind we find Yoga.



Kingston's Most Established Centre for Yogic Studies



**Perri van Rossem CYA-E-RYT 500+**

For over 20 years Perri has been inspiring her students to create stability without tension and ease without laxity in their body and life through yoga. Alignment is not just based on sound principles of movement. Perri teaches how aligning our efforts and intention with structural integrity, individual needs, breath and mental awareness all combine to create a well-rounded and balanced personal yoga practice. Each participants' unique needs are emphasized as they learn to integrate the principles of yoga into their own lives.



"I have taken Perri's alignment workshop several times and am always thrilled by how much I learn. She has a gift for seeing how a body is out of whack, and how to use yoga to help it get realigned and more comfortable. I can't recommend this workshop strongly enough." **Gillian Sadinsky**

Space is limited, please email or call to register

**LIVING YOGA STUDIOS**

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