



STAFFORD HILLS CLUB

Updating the *Vinyasa*

Saturday, September 14th

11:30AM-1:30PM

\$35/MEMBER \$45/GUEST

with Kelly Haller

SHC Yoga Studio

Have you ever heard a yoga teacher mention "vinyasa" during sun salutations and wondered what it is and if you are doing it correctly? Or, are you a seasoned yogi wanting to incorporate more strength and control in this part of your sun salutations?

In this two hour workshop we will cover the traditional vinyasa (plank-chaturanga-updog) and how to update it to promote more strength and power in our practice.

www.staffordhills.com 503.612.2400 yoga@staffordhills.com