



yoga classes • yoga therapy • massage therapy

## **YOGA and the Daily Practice**

Workshop with Serene White

*Friday Evening February 11, 6:30-9pm*

Taking yoga home with you is easier than you might think! In this workshop participants will learn how to **correctly sequence** yoga poses and hone in on correct **alignment and propping** for a safe, effective, and beneficial home practice. Serene will also share the importance of a daily practice from yoga's perspective and present **inspiration and tips for creating a daily practice.**

**Workshop Fee- \$45**

**For More Information or to Register-**

**[info@sereneyogaandhealing.com](mailto:info@sereneyogaandhealing.com)**

**865-789-9731**

***Space may be limited please pre-register***

## **Daily Practice Here's Why...**

- ∞ More yoga benefits in a shorter time
- ∞ Accelerated healing potential to body and mind
- ∞ Deepening your experience of yoga while in class
- ∞ Yoga benefits last longer, your body stays open and relaxed, balanced & strengthened for longer periods of time

